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Species at Risk Act under review

PROTECTION Environment

Minister Jim Prentice is reviewing a court decision that found the government has been misapplying its own Species at Risk Act. Environmentalists who took the government to court say it's the strongest judgment to protect the habitat needed to revive threatened species.

The Federal Court ruling issued last Thursday concluded while it wasn't illegal, Ottawa acted unreasonably by not identifying critical habitat in a recovery plan for the endangered greater sage grouse.

THE CANADIAN PRESS

T.O. CivicStrike

The latest news about the Toronto city workers' strike.

- Today
- Business as usual for Caribana, page 2
- Family blames strike for man's death, page 4

Health pg 18



Locks done naturally

FocusOn First Nations

For the next week, Metro Canada will be focusing on First Nations and Aboriginal news, community issues, arts and culture as part of a special series leading up to the Assembly of First Nations convention, July 21-23, in Calgary.

- Today
- Bernd Christmas on land treaties, page 8

Strike pays off



Ari Ditkofsky, left, took advantage of the city workers' strike and started his own garbage collection company until he learned a permit was needed. During about 10 days of operation he made enough money to send himself to Europe for the rest of the summer. Ditkofsky is shown with his business partner Jon Neeman at the closed York Mills Arena dump site.

European vacation



Ari Ditkofsky, left, took advantage of the city workers' strike and started his own garbage collection company until he learned a permit was needed. During about 10 days of operation he made enough money to send himself to Europe for the rest of the summer. Ditkofsky is shown with his business partner Jon Neeman at the closed York Mills Arena dump site.

Guarded optimism

Some movement made to settle three-week-old strike

T.O. CivicStrike

Mayor David Miller says he sees "a little bit of light" in efforts to end the three-week-old municipal workers' strike.

Ann Dembinski, who leads the city's inside workers, says her union local has made a proposal that "could settle this strike."

And officials from the outside workers' local say they're too busy bargaining to talk.



"There's now a little bit of light. I wouldn't go further than that. I'm neither optimistic nor pessimistic." Mayor David Miller

Does that add up to progress? Perhaps, but there was still some angry rhetoric to dampen the optimism.

"There's been some movement at the table on the weekend," Miller said yesterday. "I think the offer that we went public with on Friday ... is fair and reasonable and should pro-

duce a settlement.

"From my perspective, there hadn't really been any meaningful movement on the key issues from January until this weekend."

"There's now a little bit of light. I wouldn't go further than that. I'm neither optimistic nor pessimistic."

Dembinski, president of Local 79 of the Canadian

Union of Public Employees, said the union is doing its part to strike a deal, but the city is dragging its feet.

Her local handed the city a comprehensive offer at 4:30 p.m. Sunday and was still waiting for a reply, she said.

"We've put something forward we thought could settle this strike. For a city that says they're anxious to get the service back, we're quite shocked. They really need to get serious about reaching a deal instead of pussyfooting around."

TORSTAR NEWS SERVICE

Miners survive 25-day ordeal

Three miners survived 25 days trapped in a flooded mine in southern China by drinking dirty water and chewing coal, a local official and state media said yesterday.

The men and 13 others were trapped when the Xinqiao Coal Mine flooded June 17. On Sunday, rescue workers burrowed through a collapsed tunnel and found the three miners sitting there holding mining lights, which still gave off a dim glow, said Wang Guang-neng, a Communist Party spokesman in the Guizhou province county of Qinglong.

The miners stayed alive by drinking water that seeped through the earth, Wang said. They also chewed on coal to stave off their appetite, the Guiyang Evening News, based in the provincial capital, reported. It was not clear whether the men had any information on the others still missing. Rescuers had found the body of one miner a week after the flooding, the official Xinhua News Agency said. Once rescued, reports said, the miners did nothing but ask for water.

13

The miners' rescue after 604 hours underground was a rare tale of survival in China's coal mines, the world's deadliest, where an average of 13 workers are killed every day. Most accidents are blamed on failure to follow safety rules, including a lack of required ventilation or fire control equipment.

THE ASSOCIATED PRESS

A construction worker is dead after he was crushed and dragged by a dump truck in a tragic worksite incident in Thornhill yesterday. Just before 4:30 p.m., the 50-year-old man was attempting to guide a colleague backing up the dump truck, but the driver was unaware the man was behind the truck, police said. **TORSTAR NEWS SERVICES**

Local



Grapefruit ingredient key to fat burning?

A simple grapefruit juice ingredient can act like rocket fuel for your liver and allow its natural fat processing engines to easily burn through fast food calorie calories, a new University of Western Ontario study suggests. Known as a "flavonoid," the concentrated molecule has been shown to reduce fat buildup by 80 per cent in mice fed a steady stream of lard and sugar-laden foods, says Murray Huff, the study's lead author. And because the flavonoid is derived from food, it will not undergo the same lengthy scrutiny as synthetics. **TORSTAR NEWS SERVICE**

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Tomorrow's Metro Comment & Views

Metro's ongoing coverage of First Nations issues, successes, dreams, challenges, culture and conflicts.

metronews.ca WHAT'S ONLINE TODAY

Blogs The It's Called Football show updates TFC's progress on signing Julian De Guzman and speaks to Colin Miller of the Victoria Highlanders on his team's rapid growth

Your Money Allan Small on how to seize the opportunity from the recent market pullback at metronews.ca/investing



Lotteries
Ontario Pick 3: 3 4 6; Ontario Pick 4: 3 4 7 6
Encore: 7219197
Daily Keno: 2, 4, 5, 11, 12, 15, 16, 18, 19, 23, 25, 27, 32, 33, 35, 40, 45, 48, 49 and 51
These results are not official.

ShareYourViews
tontoletters@metronews.ca

'Nobody knows the anger'

Murdered girl's family read victim impact statements at sentencing

Stefanie Rengel's mother bit her lip and took deep breaths as she faced the courtroom yesterday, but the tears kept coming.

In an emotional victim impact statement, Patricia Hung said she is constantly afraid of spiralling into depression and cannot find peace since her 14-year-old daughter was stabbed to death on New Year's Day 2008.

Rengel's relatives struggled to put their feelings into words at the sentencing hearing for the 17-year-old girl convicted of first-degree murder in the slaying.

Hung looked directly at the girl, known only as M.T., as she described the rage she battled every day. "I want inner peace, which is believed to come from forgiveness, but I am unable to forgive someone who has shown no remorse," she said.

The Crown successfully argued that M.T., driven by jealousy, had used sexual blackmail against her



Maureen Rengel, left, and Adolfo Rengel, stepmother and father of Stefanie Rengel, followed by family friend Alan Clark, leave the Toronto courthouse yesterday after victim impact statements were given.

boyfriend to push him into killing Rengel. The Crown is seeking an adult sentence for M.T.

Rengel's father was unable to read his statement. Instead, he sobbed with his

hand held up to his eyes as his best friend read out what he had written.

"Nobody knows the anger and hatred I have for the people who took Stefanie away from our fami-

ly," he wrote. "Our lives are changed forever; birthdays, Christmas and New Year's will never be the same."

The proceedings resume today. **THE CANADIAN PRESS**

Family mourns victim of late night swarming

CRIME The family of a young man swarmed by about 20 attackers and beaten to death with baseball and cricket bats was still trying to absorb the tragedy yesterday.

Born in Sri Lanka, 22-year-old Kristian (Kristy) Thanapalan came to Canada from Norway as a young child with his mother, Ahileswary Thanapalan, and father, Thanapalan Tharmalingam.

He lived northwest of Toronto in Maple and belonged to a close-knit family, with 30 cousins and siblings Krishna Thanapalan, 25, and Krishanthya Thanapalan, 19.

Police are appealing to members of the Tamil-Canadian community to "do the right thing" and urged anyone with information to come forward.

They appealed specifically to one member of the attacking group in particular; a man in his mid-20s who tried to intervene and stop the attack.

The attackers ranged in age from 16 to 25.

THE CANADIAN PRESS

News in brief

OBIT Neil Munro, a Canadian director, playwright and actor, has died after a lengthy illness at age 62. Munro was born in Scotland, before moving to Toronto when he was nine years old. His long history with the Shaw Festival dates back to 1977, when he performed on-stage as an actor. He is survived by sister Anna Munro, nephew John Munro, his mother-in-law Stella Galloway and sister-in-law Jackie Martinez.

TORSTAR NEWS SERVICE

Caribana makes slight changes due to strike

T.O. Civic Strike

"Everything we're doing is going ahead."

Stephen Weir

cate the King and Queen Show at the city-run Lamport Stadium on July 30, despite concerns the venue would be shut down, Weir

said. There was worry that, with ferries docked, the concerts on Olympic Island would be cancelled, but discussions are underway to move the Aug. 2 event to a new venue on the lakeshore.

Toronto's 42nd Caribana festival kicks off today at noon at Yonge-Dundas Square.

TORSTAR NEWS SERVICE

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3105 Dundas St. W., Unit 102
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4805 Yonge St.
1905 Avenue Rd.
North York Sheridan Mall
747 Don Mills Rd., Unit 10
Fairview Mall
149C Ravel Rd.
4807 Steeles Ave. W.
5815 Yonge St.
OAKVILLE
1027 Spence Rd., Unit 22
478 Dundas St. W., Unit 7
OSHAWA
Taunton Harmony Plaza
1053 Simcoe St. N., Unit 48
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Pickering Town Centre
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1899 Brock Rd.
RICHMOND HILL
Hillcrest Mall
10 West Pearce St., Bldg. B
Times Square Mall
1480 Major Mackenzie Dr. E., Unit C3-3
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9737 Yonge St., Unit 211
10720 Yonge St., Unit 102
10753 Leslie St., Unit 5
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3555 Victoria Park Ave.
2650 Lawrence Ave. E., Unit 28
411 Kennedy Rd.
Oriental Palace
1231 Kennedy Rd.
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19 Milliken Blvd., Unit U
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548 Church St.
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421 Dundas St. W., Unit G8
1451 Dundas St. W.
Dragon City Mall
939 Eglinton Ave. E., Unit 106
Gerrard Square
662 King St. W., Unit 2
228 Queen Quay W., Unit 3
1821 Queen St. E.
2 St. Clair Ave. E.
1268 St. Clair Ave. W.
1395 St. Clair Ave. W.
2200 Yonge St., Unit 104
154 University Ave., Suite 101
9A Yorkville Ave.
386 Sheppard Ave. E.
525 University Ave.
35 Chaucery Ave.
272 Danforth Ave. W.
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730 Danforth Ave.
1080 Yonge St.
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A cyclist suffered life-threatening head injuries when she collided with a car near the Rogers Centre yesterday. The victim, 34, was heading north on Spadina Avenue when she collided with a Toyota heading west on Front Street at about 6:30 p.m. Police say the woman not wearing a helmet. **TORSTAR NEWS SERVICE**

New city lines could derail streetcar plan

TRANSIT The search for streetcars to run on Toronto's new Transit City light rail lines could soon be back to square one, potentially delaying the opening of

204

The number of streetcars in the TTC's fleet.

The TTC has a \$1.22 billion contract with Bombardier to replace its fleet of 204 streetcars. The contract includes an option to negotiate for as many as 368 more LRVs to run on the new suburban Transit City routes owned by the province.

But the Transit City LRVs require less customization because those routes don't have the steep hills and tight turning requirements

of the existing 11 TTC streetcar lines, said Metrolinx CEO Robert Pritchard.

The provincial agency has power and ownership over all new transit projects, including vehicles, in the Toronto region. It is working with the TTC on specifications

for Transit City cars. When that's settled — a process that will take months — Metrolinx will pick either Bombardier, the TTC's preferred supplier, or seek other bidders.

Metrolinx has "the ultimate authority" for the Transit City LRV specifications and getting "a price that's fair to the people of Ontario for that car," Pritchard said.

TORSTAR NEWS SERVICE

Strike blamed for death

T.O. CivicStrike

EMS Jim Hearst's loved ones blame the city workers' strike for his death by an apparent heart attack, saying an ambulance did not come to his aid for at least 30 minutes despite three 9-1-1 calls.

The city says ambulance response times for high-priority urgent calls have not been affected by the walkout, even though under an essential services agreement the service is running at 75 per cent staffing.

A city spokesman said he was unable to provide details on Hearst's case despite first being asked about it last Thursday.

Hearst was stricken on June 25. The 50-year-old had walked into his apartment building near Yonge and Wellesley streets just after 11 p.m. when he fell and hit his head.

Neighbours rushed to help and called 9-1-1, said Hearst's partner of eight years, Alejandro Martinez, who was away in New York at the time.

A few minutes later, Garrett Flynn and Manuel Rodriguez wandered into the building on Alexander Street and rushed to help.

They were told an ambulance had been called and Rodriguez called building security.

Rodriguez estimates the paramedics finally arrived at 11:45 p.m.

TORSTAR NEWS SERVICE

Judge criticizes cops

Says city police should have arrested gang leader

A Superior Court judge has criticized Toronto police for an "ill-conceived" decision not to arrest a purported gang leader who allegedly went on four days later to shoot two teenagers in broad daylight.

Investigators had decided April 15, 2004, to intercept Tyshan Riley's phone calls rather than arrest him, even though he had been implicated in several shootings by confidential informants and a friend and was seen to be breaching bail conditions from an unrelated charge.

Riley, said to be the leader of the Galloway Boys, was eventually arrested on April 19, 2004, about

Drive-by shooting

At the time of his arrest, Toronto-born Riley was the main suspect in a drive-by shooting six weeks earlier.

90 minutes after allegedly shooting the teenagers at a townhouse complex in the Malvern area of Scarborough. The young men, who were not gang members, were each hit multiple times, but survived.

One of the intercepted communications "apparently captured Riley describing the shooting ... as it happened," Superior Court Justice Michael Dambrot wrote in a ruling last October.

Earlier police wiretaps of

phones belonging to members of Riley's hated rivals, the Malvern Crew, had been buzzing with talk of his incursions into the neighbourhood. The wires picked up one unidentified man telling Malvern leader David Francis March 31, 2004, that Riley had brandished his pistol "in my face" at the Malvern Mall.

So in mid-April, Toronto police took the rare, but legal step of intercepting Riley's phone calls without first obtaining a judge's permission. While investigators wanted to prevent Riley from shooting someone, they felt they could build a better case against him if they tapped his lines and kept him under

surveillance. Unfortunately, it didn't work out that way. In fact, the judge at the trial where Riley stands accused of murder has described that police decision as "ill-conceived."

Arresting Riley, "a man with a serious record for violence ... would have succeeded in preventing him from shooting anyone else," Dambrot concluded last summer in a ruling that up until now has been covered by a publication ban.

Before the trial, Dambrot ruled the Riley wiretaps inadmissible because police had not shown they intercepted the phone calls "to prevent serious harm to persons".

TORSTAR NEWS SERVICE

Shark fans all a Twitter for Dwayne

Besides a large ego and predatory instincts, Dwayne the Shark has one more thing in common with today's celebrities: A Twitter account.

The 80-kilogram, 2.5-metre-long nurse shark is "tweeting," updating followers on the social networking platform about topics ranging from his swimming schedule to his excitement at Hannah Montana actor Mitchel Musso's concert at the Toronto Zoo Sunday.

"We have a unique point of view from under the water. That's for sure," Adam Thur, the marketing campaign director who tweets on behalf of Dwayne, said yesterday.

"Sharks happen to be very interesting and very funny. We have lots of teeth, but we can actually be very personable."



The Toronto Zoo has recently set up a Twitter account for one of its nurse sharks, Dwayne. The celebrity shark tweets updates on his daily routine as well as upcoming zoo events.

(Dwayne's favourite food, by the way, is shrimp.)

Thur, who sometimes even refers to himself as Dwayne the Shark, said he represents the shark and is at its beck and call.

"Unfortunately, he can't

really speak ... but Dwayne's really the one that's tweeting," he said.

Dwayne arrived at the Toronto Zoo's Stingray Bay in May along with three other nurse sharks and four bamboo sharks from their

original home in the Atlantic Ocean just off the coast of Brazil.

While nurse sharks can grow up to nine feet long, bamboo sharks are smaller at 12 to 20 inches, Thur said.

The interactive shark exhibit and Dwayne's Twitter updates will continue until Oct. 12.

"Dwayne is a little bit into himself," Thur said. "He really is the biggest shark in the pool and he knows it. He knows how cool that makes him ... And he really likes to tell people how cool he is."

The celebrity shark's Twitter page is updated at least three times a week with fun facts about sharks and Toronto Zoo announcements. As of yesterday, Dwayne had 43 followers on Twitter, which can be accessed on the zoo's website, torontozoo.com.

TORSTAR NEWS SERVICE

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Cornwall border crossing running smoothly: Officials

Officials in Cornwall, Ont., say things are going smoothly after a temporary border crossing opened yesterday at the Seaway International Bridge. The crossing closed May 31 after Akwesasne Mohawk Territory residents camped out nearby, protesting Ottawa's plan to equip border guards with handguns. **THE CANADIAN PRESS**

5

Canada



Boy safe after driving into river

A three-year-old boy found alive and well after riding his toy jeep into a northern B.C. river and floating 12 kilometres downstream has no idea just what kind of danger he was in. "I don't think he really realizes the significance of what happened," said Const. Jackelynn Passarelli with Fort St. John RCMP. The boy, whose name has not been released, was at a campsite with his family Sunday morning when he vanished. **THE CANADIAN PRESS**

Boxer's family suspected wife

Trainer questions former champ's decision to reconcile marriage

As news of champion boxer Arturo Gatti's death filtered out Saturday from the Brazilian resort where he had gone to meet his wife in an apparent attempt to reconcile a rocky marriage, his family members were paralyzed with shock, hoping it was a mistake.

But when Amanda Carine Rodrigues, 23, was charged Sunday with murdering her husband by strangling him with her purse strap, there was no surprise, friends of the family say.

Gatti's older brother Joe didn't mince words when speaking to boxing trainer Howard Grant on Saturday, before news of the murder charge broke.

"He said, 'I think his wife

set him up. The woman was no good,'" Grant said.

Ivano Scarpa, a long-time friend who also spoke to Joe Gatti on Saturday, said both he and Joe Gatti thought it suspicious that the death occurred in Rodrigues's home country of Brazil. Gatti's financial success also gave them pause.

"The fact that they weren't on the best of terms, was it a smart move for him to have tried (to rekindle the relationship) again?" Scarpa said.

Rodrigues denies being involved in her husband's death.

Gatti, 37, a former junior welterweight champion, was found dead in the holiday flat the couple had rented in Porto de Galinhas. **TORSTAR NEWS SERVICE**



Brazilian wife of former Canadian world boxing champion Arturo Gatti, Amanda Rodrigues, centre, 23, is escorted by policemen after being arrested in Recife, Brazil on Sunday.

Queen honours Chrétien

MERIT Queen Elizabeth has appointed Jean Chrétien to the exclusive Order of Merit.

The honour is restricted to 24 living members and few foreigners. It puts Chrétien's name alongside such esteemed figures as Albert Schweitzer, Mother Teresa and Nelson Mandela.

Chrétien, 75, said he was surprised, honoured and grateful.

"What can I say?" he told The Canadian Press yesterday. "I take it as a great compliment and I accept it

with some humility.

"I did my job as best I could and Her Majesty was

gracious enough to recognize that."

The Queen's website says the Order of Merit is given to people "of exceptional distinction in the arts, learning, sciences and other areas such as public service."

THE CANADIAN PRESS
NATIONAL REPORT, PAGE 8



Jean Chrétien

News in brief

POLITICS Ontario's new Progressive Conservative leader Tim Hudak raised more than a million dollars in contributions during his bid for the party's top job, according to Elections Ontario.

COURT A judge in Winnipeg has ordered that three of four people who admitted to confining and torturing a mentally disabled woman in their home be put behind bars.

THE CANADIAN PRESS

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Liberal MP Justin Trudeau is weighing in on behalf of a Montreal-based Pakistani couple facing deportation — even though their four children are being allowed to stay. Trudeau has implored Immigration Minister Jason Kenney to review the situation. **THE CANADIAN PRESS**

Passport to danger?

Audit sparks security fears

Security might have been compromised as Canada's passport office scrambled to meet giant demand for travel documents, an internal review says.

An audit of Passport Canada's security bureau found that some employees felt time constraints and inadequate training may have "contributed significantly" to documents being rushed out the door.

Many employees "expressed concern" to the reviewers that security may have taken a back seat during the 2006-07 crunch because of:

- Suspicions that "less time was spent on details" compared with normal periods.

- Belief that "the new hires did not receive enough training."
- E-mails outlining changes on issuing passports were "not read by all" — especially when employees were too busy working at counters.

New security rules requiring people who enter the U.S. to carry a passport put tremendous pressure on Passport Canada.

The report recommended the agency conduct an assessment of security risks.

"It is not clear to what extent security may have been compromised during the period of high volumes in 2006-07," the audit report says.

THE CANADIAN PRESS

"It is not clear to what extent security may have been compromised."

Security audit

Parkdale Backyard blooms



Sarah Nixon, pictured in a backyard in Parkdale, runs a business called Your Luscious Backyard. She uses other people's backyards to grow flowers, which she is then able to sell.

Dutch plant shutdown will hit isotopes supply

MEDICINE The already shaky isotope supply may get a whole lot shakier. A Dutch reactor stepping in for its downed counterpart at Chalk River is scheduled for a month of maintenance starting this weekend. And hospitals still don't know how the shutdown will affect their isotope shipments.

"We're holding our breath to see what will happen," said Dr. Christopher O'Brien, head of the Ontario Association of Nuclear Medicine. "I assume towards the end of the week we may be getting information — I

would hope, let's put it that way — because we all have to determine what to do as of Monday."

Of the world's reactors, the Canadian and Dutch ones together produce about 70 per cent of the world's medical isotopes.

Atomic Energy of Canada Ltd. shut down its Chalk River reactor in mid-May and doesn't expect it back until at least the year's end. The Dutch reactor will be down from July 18 to Aug. 18 — leaving much smaller reactors in Belgium and South Africa to make up the shortfall.

THE CANADIAN PRESS

News in brief

COURTS A Manitoba woman who says RCMP repeatedly zapped her with a Taser is suing the Mounties. The woman says she and her friends were pulled over by police looking for a stolen car in 2007 and brought to the Selkirk detachment. She claims she was put in a cell and repeatedly Tasered by male police officers who taunted her.

SPACE Canadian astronaut Julie Payette will have to spend at least one more day on Earth. The delay-plagued launch of the space shuttle Endeavour, which was to carry Payette and her six crewmates to the International Space Station, has been scrubbed once again due to bad weather.

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Milton Crossroads Centre
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Brampton

Bramalea City Centre
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55 Mountaish Rd.
(Springdale Square)
10 - 80 Pertosa Dr.

Mississauga

Dixie Outlet Mall
Erin Mills Town Centre
Heartland Town Centre
Square One
Winston Churchill & 401
2458 Dundas St. W
6535B Mississauga Rd.
G16 - 3024 Hurontario St.
101 - 6200 Dixie Rd.
9 - 34 Bristol Rd. E
2 - 4920 Tomken Rd.

Oakville

Oakville Place
RioCan Burloak
18 - 2501 Third Line
760 Pacific Rd.

NORTH

Markham

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Pacific Mall

Newmarket

Upper Canada Mall
1100 Gorham St.

Richmond Hill

Hillcrest Shopping Centre
4 - 11005 Yonge St.
9301 Bathurst St.

Stouffville

1076 Hoover Park Dr.

Thornhill

Promenade Mall
7171 Yonge St. (Galleria)
7378 Yonge St.

Vaughan

Vaughan Mills Outlet Mall
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2 - 160 Cidermill Ave.
3 - 4000 Hwy. 7

Woodbridge

A7 - 4220 Steeles Ave. W

EAST

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Comment

Order not without merit for Chrétien

NationalReport



metronews.ca/nationalreport

The online comment boards lit up yesterday with news the Queen was bestowing the highly prestigious Order of Merit on Jean Chrétien. Many wondered how the

monarch could do such a thing? You're getting senile, Queenie, they said. The guy was a political Soprano. Got lucky because he had no opposition.

As someone who has written a couple books on Jean Chrétien, I found it surprising, given his controversy-laden denouement, that such an exalted honour came. Surprising, but not overly so.

As with so many political careers, you can fashion your rating for Chrétien by selectively choosing either

the negative or positive.

The negative? The sponsorship scandal, Shawinigate, GST flip-flopping, the gun registry fiasco, military helicopters, the APEC controversy, his pedestrian manner, his overcentralizing of power, his being hounded out of office by his own party. Fixate on these, and you've got a loser. Yep, the Queen has gone batty.

The positive? Balancing the terribly-red books, leaving the economy in great shape, pushing back separatism with the Clarity Act,

telling George W. Bush where to get off on Iraq, defending the ordinary people against corporate interests, winning three straight majority governments. Fixate on these — and it's a different story.

Chrétien was a narcissistic politician who viewed politics as sport. For him, it wasn't about ideals so much as the ego-gratification of winning. At the same time, he was a leader of conviction with rock-hard Canadian values. He hated ideology because

"when you're doctrinaire, you're always looking to justify your doctrine." He never liked the rich because the rich, he said, always wanted more. "It's very dangerous," he said once, "when you find comfort with the big shots."

He was a consolidator, not an innovator, a pragmatist, not an intellectual. He mingled with the elites but down deep was never one of them.

He bore grudges. Offend him and he would take you down. But Jean Chrétien

loved the country and wasn't dour or mean-spirited. At root he was a bullish champion of salt-of-the-earth Canadian values.

Despite all his shortcomings, this is where his significance lies. Through four decades in the political maelstrom, he stood up for what this country means like few others ever have. For that he is deserving of high honours.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Time to clean the slate on land treaties



Bernd Christmas

Canada's constitution of 1867 and the 1981 Charter of Rights are old pieces of paper. Old documents that have no meaning in today's age. We should rid ourselves of these and start over.

Prepare the ramparts, it's go time!

Logic would say it doesn't make sense. Our societal and legal foundations come from these writings. The rule of law is etched within every word. No one would question the need for a system that keeps order and ensures that our collective and individual human rights are upheld.

So why is it a different set of rules when it comes to dealing with the legitimate land claims of our approximately 1.5 million Aboriginal Peoples? People that have been on this land mass for thousands of years. People that have been displaced and forced onto parcels of land called "reserves."

Around the late 1960s, Aboriginal Peoples began to place legitimate land claims before the government of Canada. Those claims now total 1,046, only 272 of which have been settled since 1972. While government position has progressed, the basic premise is this: Any claim must first be approved by the government before it can proceed.

Does that make sense? For example, if you want to re-

FocusOn FirstNations

Editor's Note: This is the first of a series of columns focusing on First Nations and Aboriginal issues leading up to the Assembly of First Nations convention, July 21-23, in Calgary.

move burglars from your house, then you call the cops. Land claim policy is the opposite. In the case of your home, you would first have to ask the burglars if it's OK to call the cops!

The issue is that we believe our system of law is there to protect us. So we must ensure that all people are protected, including Aboriginal Peoples.

Land claims must move

forward in a legitimate and efficient manner. They can't be slowed down by governments that are afraid that the use of those old sacred treaties signed by chiefs with European monarchs is a waste of time, too costly, and meaningless. Treaties are the most sacred form of recognition between two parties. If Canada is a democracy, then elected leaders must clean the slate with the Aboriginal Peoples.

The government apologized to Aboriginal Peoples who endured the brutality of residential schools. Why can it not apologize and own up to the treaties signed by previous governments?

Bernd Christmas is a Mi'kmaq lawyer practising Aboriginal and corporate law with the Bernd Christmas Law Group in Toronto.



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Report says Kim has cancer

North Korean leader Kim Jong Il is suffering from pancreatic cancer, a news report based on intelligence sources said yesterday. **THE ASSOCIATED PRESS**



9

World

Crooked Afghan cops worse than Taliban?

Afghan villagers had complained to the U.S. Marines for days: The police are the problem, not the Taliban. They steal from villagers and beat them. Days later, the Marines learned firsthand what the villagers meant.

As about 150 Marines and Afghan soldiers approached the police headquarters in the town of Aynak, the police fired four gunshots at the combined force.

No larger fight broke out, but once inside the headquarters the Marines found a raggedy force in a decrepit mud-brick compound the police used as an open-pit toilet. The meeting was tense. Some police were smoking pot. Others loaded their guns in a threatening manner near the Marines.

The U.S. troops ousted the police two days later and in-

Junior ranks

- Afghans across the country complain bitterly about the country's police, whose junior ranks earn only about \$150 US a month.

stalled a better-trained force they had brought on their recently launched operation into southern Helmand. But the encounter, witnessed last week by The Associated Press, highlights one of the largest problems facing the effort to stabilize Afghanistan in the face of an increasingly violent Taliban insurgency: the need for competent, trustworthy police.

What many villagers see now is the opposite — a pot-smoking, ragtag, thieving force that makes the Taliban look disciplined in

comparison.

Police pad their salaries by demanding bribes at checkpoints or kickbacks to investigate complaints, and police in opium poppy-growing regions turn a blind eye to drug smuggling for a cut of the profits, many Afghans complain.

The role of the local police is especially sensitive in Helmand province, the centre of the lucrative opium poppy industry and a Taliban stronghold.

As Capt. Drew Schoenmaker pulled his men out of Aynak's police compound after that first meeting, the company commander told his Marines to "watch my six o'clock" — his back — in case the police again opened fire. "I don't trust a single one of them," Schoenmaker muttered quietly.

THE ASSOCIATED PRESS

Pakistan **Deadly blast**



A woman mourns the death of a family member who died in an explosion in northwestern Pakistan yesterday. The explosion destroyed a house used as a religious seminary, killing several people, including children.

KHALID TANVEER/THE ASSOCIATED PRESS

Calls grow for CIA program probe

SECRET U.S. congressional demands for an investigation grew over new disclosures that a secret CIA program to capture or kill al-Qaida leaders was concealed from the U.S. Congress for eight years, perhaps at the behest of former vice-president Dick Cheney.

The program, which never got off the ground and is shrouded in mystery, was designed to target leaders of the terrorist network at close range, rather than with air strikes that risked civilian casualties, government officials with knowledge of the operation said.

THE ASSOCIATED PRESS

News in brief

UNREST China is warning lawyers away from cases involving the recent violence in Xinjiang, saying it is important to protect the country's unity. The Bureau for Legal Affairs of Beijing said the violence that started July 5 in Urumqi, was "a typical beating, smashing, looting and burning incident" by unnamed forces outside and inside the country. "The purpose is to destroy ethnic unity, incite ethnic conflict and destroy the peaceful and united social situation," it said in a notice posted on their website. While it did

not expressly ban lawyers from taking on cases, it urged caution in answering inquiries. **MURDERS** Police are looking at business ties among other leads for a motive in the slaying of a Florida couple who adopted 12 children with disabilities and other problems, authorities said. There may be multiple motives and more arrests are possible after three men were jailed Sunday, two on murder charges, in the shooting deaths of Byrd and Melanie Billings.

THE ASSOCIATED PRESS

Sotomayor closer to top court seat

HEARINGS A U.S. Senate panel began confirmation hearings yesterday for Sonia Sotomayor, who is almost assured of becoming the first Hispanic person on the U.S. Supreme Court.

Democrats focused on her experience and her rise from a poor New York neighbourhood. Republicans raised concerns that she would decide cases based on opinions rather than law. **THE ASSOCIATED PRESS**

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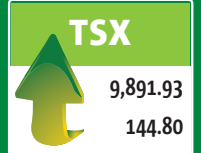
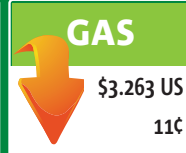
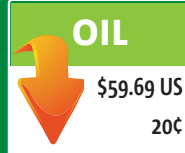
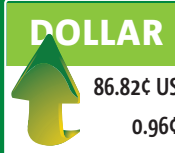
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Newlook Industries Corp. is selling its wholly owned subsidiary Grandvue Inc. and other assets to Gamecorp Ltd., a Toronto company, as part of a broader debt restructuring plan. In exchange, Gamecorp will pay two million Newlook common shares it holds as an investment. **THE CANADIAN PRESS**

Business



EDITOR: FERMIN.DESOUZA@METRONWS.CA

Missing financier's clients shocked

Authorities allege Montreal area financial adviser Earl Jones, through his firm, Earl Jones Consultant & Administration Corp., was operating a multimillion-dollar Ponzi scheme worth between \$30 million to \$50 million.

Quebec's stock market regulator, L'Autorité des

marchés financiers, froze Jones' bank accounts last week but little remained.

Authorities still have not been able to locate Jones. His clients are mostly from the Montreal area, but also reside in Ontario and the U.S., authorities say.

Investors and their families are reeling from the

Facebook

- A Facebook group called Swindled by Earl Jones reached 76 members yesterday afternoon.

shock. Montreal police said yesterday they would like to hear from anyone who gave money to Jones.

A spokesperson for the AMF said the agency is still meeting investors.

Jones is being described as a charming man who cultivated his client base, many of whom were elderly, for years, even attending weddings and family events. Investors are now learning that Jones was

never licensed to handle money from investors.

About 150 investors attended a meeting in a Montreal hotel Sunday. They were joined by officials from the AMF, Montreal police, court-appointed receiver RSM Richter, and insolvency lawyer Neil Stein.

TORSTAR NEWS SERVICE



A Tim Hortons location in Brooklyn, N.Y., yesterday.

Tim Hortons spreadin' the joe in N.Y.C.

COFFEE Tim Hortons is rolling up its doughnuts and "double-doubles" and taking them to Manhattan. Canada's leading coffee and doughnut chain

opened 12 new stores in New York City yesterday, some at world-famous tourist destinations such as Broadway, Times Square, Penn Station and Madison Square Garden.

The stores are mostly located in former Dunkin' Donuts outlets, which were shut down last week and underwent whirlwind renovations over the weekend under U.S. operator the Riese Organization. Riese owned the Dunkin' Donuts operations before having a falling out with the company and hooking up with Tim Hortons.

THE CANADIAN PRESS

Flight attendants, pilots OK deal

AIR CANADA Pilots with Air Canada have approved a new labour agreement by a thin margin that's part of the airline's efforts to reduce costs and avoid bankruptcy protection.

The pilots union said yesterday that 55 per cent of the votes cast were in favour of the tentative agreement reached June 15 with the help of a federal mediator.

The company's flight attendants also ratified their agreement on the weekend, passing it with 65 per cent of the votes in favour of the deal.

THE CANADIAN PRESS

Businesses optimistic about sales

SURVEY Canadian business managers are feeling better about the economy after suffering through a tough year of falling sales and production, according to a new survey conducted by the Bank of Canada.

The quarterly business survey shows 61 per cent of senior managers now expect sales to improve over the next 12 months, compared to only 23 per cent who expect them to fall. This is the first time since the third quarter of 2008 that a majority were positive about future sales.

As well, more businesses — 39 per cent — now say they expect to hire additional employees in the next year than the 17 per cent who expect to shed workers. **THE CANADIAN PRESS**

Business in brief

GM DEAL A U.S. bankruptcy judge yesterday approved a deal that could shift some of auto parts supplier Delphi's assets to General Motors Co. Judge Robert Gerber, who is overseeing the liquidation of the collection of assets and liabilities left over after the sale of prized GM assets to a new company, gave his approval, allowing GM and an affiliate of Platinum Equity to buy the bulk of Delphi's assets and help the auto supplier emerge from bankruptcy protection.

STRIKE Workers at nickel miner Vale Inco's Sudbury operations hit the picket lines yesterday, believing they can force a quick end to their contract dispute as the company's supply of the metal is slowly strangled off. But Vale Inco says the union must show some willingness to compromise before it will head back to the bargaining table, setting the stage for a long and bitter showdown.

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Nikkei Ninth trading day fall



A businessman watches the stock board of a securities firm yesterday in Tokyo, Japan. The Nikkei fell for the ninth straight trading day, losing 236.95 points from Friday to 9,050.33.

Existing homes sales take off in Toronto

REAL ESTATE Sales of existing homes are up dramatically in the Greater Toronto Area. Over the last week, reports suggest the market is turning a corner.

The jury is still out on whether this is a sustained rebound. But the recession's silver lining of a low interest rate environment has done wonders for the housing market nationally.

Major markets across Canada had a similar, if not more spectacular lift in June, according to ReMax Ontario Atlantic Canada.

Toronto's 27 per cent increase in sales in June compared to last year, was out-

10,955

The 10,955 units sold in June in Toronto came only second to the historic record of 11,146 units of May 2007.

done by Greater Vancouver (up 75 per cent) and Calgary (up 28 per cent).

Inventory of available homes in the GTA is down 30 per cent from the same time last year, which has resulted in multiple offers in some areas. The strongest demand is for homes in the \$300,000 to \$600,000 range, said ReMax.

TORSTAR NEWS SERVICE

Interest rates/Savings accounts
METRO NEWS SERVICES

BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	SBIC	Scotia	TD
1.0%	0.75%	1.05%	1.6%	1.35%	0.75%	0.75%	1.6%	0.75%	0.75%

Note: Please check bank websites as some rates require a minimum account balance.

business 11

Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Ask about everything

It's your money, find out exactly where it goes: There are no stupid questions

AlisonOnMoney



metronews.ca/alisononmoney

Alison's Money Rule:

- When it comes to investing your money, there's no such thing as a stupid question.

Note to Wall Street, Bay Street and all the other global avenues of finance — the next time, boys and girls, you feel a question welling up about where you're actually investing this billion or that trillion, make sure it gets answered before you make the buy.

I'm not saying that the last five years of accounting scandals, not to mention the asset-backed commercial paper implosion and the sub-prime mortgage meltdown, wouldn't have happened if a few questions had been asked

and answered.

But it is clear that at least some of the mess could have been avoided if a few key people made one simple query. What the heck is this product anyway?

The lesson to be learned here is to ask questions about your investments. Don't have any, you say?

If you have an RRSP (Registered Retirement Savings



The lesson to be learned here is to ask questions about your investments. Don't have any, you say?

Plan), RESP (Registered Education Savings Plan), TFSA (Tax Free Savings Account) or RDSP (Registered Disability Savings Plan), then you are an investor. And it's critical to understand what you're buying for any of these accounts when you make your contributions.

The only way to do that

is to ask questions.

There's no such thing as a stupid one, by the way. Not all salespeople will understand everything they sell but the good ones won't cover it up by offering some version of, "My firm believes it's a good investment," all dressed up with confusing jargon.

One of the best ques-

tions to ask is about the potential for loss in worst case situations such as March 2009 or November 2008 when the markets posted record lows.

For example, many bought hedge funds thinking they were essentially virtually risk-free GICs. With a clear picture of the downside I doubt whether

the average person would have touched them.

The bottom line is that if you don't thoroughly understand an investment product — walk away. You would be better off parking your money in a safe and sound bond or GIC than risk losing it on something you don't comprehend.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Investing

Allan Small

Allan Small says now's the time to invest in — not to run from — the market. And there are a few wise places to do it, too. Visit metronews.ca/investing for his column.

The 'affordability' factor

MoneyMatters



metronews.ca/moneymatters

Q My wife and I would like to start a family. However, we are seriously concerned about the cost of housing in Toronto. Our work is in the city, and like the conveniences of dining and entertainment. Housing costs will consume more than 40 per cent of our gross salaries. Is this the norm for many households?

— Trina and Sam

A According to a recent housing report released by RBC Economics, affordability measures have been restored to historical averages.

With declining housing cost in most provinces in Canada, this has made it easier for many families to get into the homeownership market.

The RBC's Affordability measure for a detached bungalow in our largest cities are as follows: Vancouver 62.6 per cent, Toronto 45.9 per cent, Ot-

tawa 39.1 per cent, Montreal 36.5 per cent and Calgary 35.1 per cent.

What does this mean to you and me? The higher the affordability reading, the more money is needed to service the cost. Vancouver continues to be the most unaffordable, consuming 62.6 per cent of a household's pre-tax income.

Toronto's not far behind, consuming more than 45.9 per cent of your hard earned dollars.

These numbers are only benchmarks and do not necessarily mean a family should or should not enter the housing market because their "affordability factor" is less than or greater than this measure.

Individuals should look at their own specific financial circumstances and make that judgment based on their situation. Factors such as children, debts, jobs, lifestyle, economy, etc., will also come into play.

A family that uses 70 per cent of pre-tax income to service housing in Toronto would quickly result in crisis mode, not unlike many of ex-homeowners in the United States.

Henry Choo Chong, CGA, can be reached at choochonghcgga@yahoo.ca and 416-485-5225.

In brief

FORECAST Canada's resale housing market recovered lost ground in the second quarter and is poised to stabilize for the remainder of 2009, according to the Royal LePage Market Survey Forecast and House Price Survey released today. In Toronto, the real estate market witnessed significant second quarter gains. The return of consumer confidence and an upswing in spring market activity brought house prices and unit sales down as buyers emerged to take advantage of affordable properties and low lending rates. As the market begins its transition from a buyer's market to a balanced market, it's anticipated that the market will stabilize by the end of year. METRO NEWS SERVICES

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Jacques Lemaire is returning for a second stint as coach of the New Jersey Devils. Lemaire led the Devils to the Stanley Cup in 1995. He was hired yesterday to replace Brent Sutter, who resigned after two seasons with New Jersey. **METRO NEWS SERVICES**

Sports



Dry day at BMO

BMO Field announced yesterday that there will be a suspension in alcohol service at the venue this Saturday when Toronto FC hosts the Houston Dynamo. Fans attending the Toronto FC versus Houston Dynamo game are encouraged to arrive early to ensure they are able to get through multiple security checkpoints and to their seats on time prior to kickoff. Gates will open at 11:30 a.m. Game time is 1 p.m.

METRO NEWS SERVICE

EDITOR: CHRIS.CLEMENTS@METRONews.CA

Doc gets all-star nod

Jays' Halladay to start tonight for AL, but can't escape trade talk

Toronto Blue Jays ace Roy Halladay has officially been named the American League starter for tonight's all-star game.

San Francisco Giants star Tim Lincecum will start for the National League at Busch Stadium.

The honour is well-deserved for Halladay, who is 10-3 with a 2.85 earned-run average in 17 games this season.

There has been a frenzy of speculation about Halladay's future the past few days after general manager J.P. Ricciardi said last week he's listening to offers for arguably the best pitcher in the game.

Halladay, who was mobbed by reporters when he left the podium after yesterday's news conference, says he doesn't want to get too involved at this point.

"I've tried to, not hide, but stay out of things as much as possible," he said. "It's an awkward situation. I think for me the best thing to do is to avoid it until I have to (get involved)."

Broadcaster Bob Costas, who introduced the play-



American League starting pitcher Roy Halladay, left, of the Toronto Blue Jays, and National League starting pitcher Tim Lincecum, of the San Francisco Giants, talk after a news conference yesterday announcing the starting lineups for tonight's Major League Baseball All-Star game in St. Louis.

Canadians reunited on AL squad

• Minnesota first baseman Justin Morneau and Boston left-fielder Jason Bay became friends while playing for Canada at the World Baseball Clas-

sic, and the duo, from New Westminster, B.C., and Trail, B.C., will be teammates again tonight as they are the lone Canadians in the all-star game.

ers at yesterday's news conference, referenced the trade speculation when he got to Halladay, saying the pitcher was representing, "at least for the moment, the Toronto Blue Jays."

Known for being protective of his privacy, Halladay did say he would consider playing in New York and Boston despite the intense media coverage in those cities.

"It's tough," said Halladay. "Obviously, I'm somewhere that I enjoy being and have spent my entire career. There's a lot, I think, that goes into it. I think as a player, there's that will to win, that will to do it in October and basically that's what all of this has been about. I would like that chance. I'm not saying it won't be Toronto. You'd like to be three games up in first place and not have to deal with it."

THE CANADIAN PRESS

Raptors sign Jarrett Jack

BASKETBALL The Toronto Raptors continued their makeover yesterday, signing free agent point guard Jarrett Jack to an offer sheet.

Reports in Indianapolis and Toronto pegged the four-year offer at more than \$16 million US with the Indianapolis Star reporting the amount at \$20 million.

Jack made \$2 million last season with the Pacers.

The Pacers have seven days to match, but it's believed doing so would put

the team over the league's \$69.9-million luxury tax figure next season.

Jack, who played with Raptors star Chris Bosh at Georgia Tech, averaged a career-high 13.1 points, 3.4 rebounds and 4.1 assists last season.

In recent days, Raptors GM Bryan Colangelo has acquired forward Hedo Turkoglu in a four-way complex deal and signed centre Andrea Bargnani to a \$50-million, five-year deal.

THE CANADIAN PRESS

Woods paired with teen sensation at British Open

GOLF Tiger Woods can expect even more attention than usual the first two rounds of the British Open, as he is playing with Japanese sensation Ryo Ishikawa, and England's Lee Westwood.

Woods has never played with the 17-year-old Ishikawa, who made history at 15 when he won on the Japan Golf Tour, the youngest winner on a sanctioned circuit. They met briefly in Arizona at the Accenture Match Play Cham-

pionship, a moment captured by dozens of photographers.

Defending champion Pádraig Harrington will play with former U.S. Open champions Jim Furyk and Geoff Ogilvy.



Tiger Woods

Mike Weir of Bright's Grove, Ont., plays with Ben Curtis and England's Ross Fisher.

Calgary's Stephen Ames is in the next group with Tim Clark and Charles Howell III.

THE ASSOCIATED PRESS

Contador plays down Tour tensions

TOUR DE FRANCE Alberto Contador is playing down tensions between him and Lance Armstrong at the Tour de France, but the issue over the lack of leadership within Astana's team will continue so long as the two former champions are fighting for the yellow jersey.

On Sunday, the 37-year-old Armstrong told French television that relations between him and the 26-year-

old Spanish rider are strained after just nine stages of the showcase race.

Responding to the Texan's comments during yesterday's rest day in Limoges, Contador said: "It's a subject which is starting to tire me a bit, it's too repetitive. For me there are no tensions, I am totally relaxed and focused on the competition."

THE ASSOCIATED PRESS

Sports in brief

NBA The Cleveland Cavaliers announced yesterday they have signed veteran free-agent Anthony Parker to add depth to the backcourt. Parker, 34, played in 80 games for the Toronto Raptors last season and averaged 10.7 points and 3.4 assists. Terms were not disclosed.

MLS Los Angeles Galaxy forward Landon Donovan is an all-star for the ninth time in nine MLS seasons while Toron-

to FC midfielder Dwayne De Rosario makes the starting 11 for the fourth straight season. Players, coaches, general managers, media and fans voted on the group, which will face England's Everton on July 29 in Utah.

METRO NEWS SERVICES

It's Called Football updates Toronto FC's progress on signing Julian De Guzman at: metronews.ca/blogs

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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Aug. 11.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Private colleges focus on direct experience

RAFAEL BRUSILOV
for Metro Canada

Whether you're thinking of retraining for a new career in trades or getting trained in a new one, it's likely you've looked into private colleges.

Royden Trainor, vice-president of the Vancouver Career College and CDI College in Vancouver, says private colleges pride themselves on their quick response to market needs in education because they have to stay relevant to survive.

"One of the strengths of the private side is that their programs have to be more relevant, more current and more responsive to what's going on in the market today," Trainor said.

Don Thibert, president of the Ontario Association of Career Colleges and director of academic affairs at Everest College, says the appeal of private colleges is their highly focused nature and hands-on approach.

"People who are looking to pick up skills quickly are attracted to private colleges. It's a smaller environment and you get your hands into what you're doing," Thibert said.

Whereas traditional colleges provide a broader education and training in a job area, private colleges often provide targeted programs aimed to prepare students for a specific job position. Most private college training programs can be completed in 52 weeks or less and focus on



Currently, there is a growing interest and focus on health-care programs, particularly in a career as a personal support worker.

giving students direct experience through apprenticeship programs and on-the-job training.

While the 1990s saw many private college classrooms filled with university graduates looking to focus

their skills into a particular career, Thibert says recent years have seen more people going into private colleges straight out of high school. According to Thibert, out of approximately 80,000 people

who graduated from colleges in Ontario alone, 35,000 were graduates of private colleges.

As for demand in a particular field, Thibert says interest is still high in fields that are considered a necessity, such as accounting and particularly health care.

"We're seeing quite a bit of focus and interest in health-care programs, particularly in careers like personal support workers, since they're in sectors that are not as dependent on the economy," he said.

Thibert says networking and IT jobs, which suffered a slowdown during the dot-com bust at the turn of the millennium, are rising in demand as well. Skilled trades in fields such as construction and engineering are seeing an upswing in

"People who are looking to pick up skills quickly are attracted to private colleges."

Don Thibert

interest among enrolling students, according to Thibert.

If you do plan to pursue education at a private college, Thibert suggests doing your research. Ask for a tour of the classrooms and labs to make sure the facilities are up to standard. If possible, talk to potential employers to find out which schools they respect in the industry — you might even be able to secure a valuable contact for later.

Skilled trade labour shortage on horizon

RAFAEL BRUSILOV
for Metro Canada

Trade schools abound in Toronto; the only question is what career goals do you want to pursue?

The Ontario Ministry of Training, Colleges and Universities lists more than 200 schools in Toronto alone, meaning that given an appropriate investment in time and resources, you can usually find a school that caters to your next career choice.

For students beginning studies at a trade or vocation

school, expect to work hard. Most programs require around 1,000 hours of training, which breaks down to about 20-25 hours of instructional contact every week. Programs tend to be very hands-on, with many skilled trades tending to split learning time at a ratio of roughly 20 per cent in-class time versus 80 per cent direct work experience.

Don Thibert, president of the Ontario Association of Career Colleges, says currently, skilled trades are seeing more interest among students. He says

unskilled positions, such as those in office administrative jobs or health and beauty, have been hit hard by the recession while jobs in skilled trades have held up better.

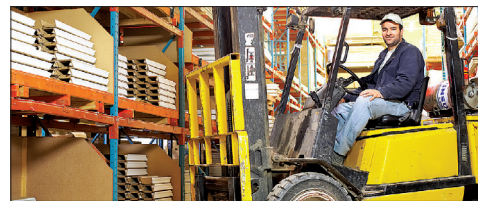
Like in most economic downturns, Thibert says it's no surprise people turn to steady, established careers with perceived guaranteed futures.

On the other hand, Andrea Garson, vice-president of human resources at job listings site Workopolis.com, says job listings in skilled trades have dropped just like in other

fields. However, she suggests a lack of young people currently entering skilled trades will inevitably lead to high demand in the long term.

"The average age of skilled trades workers is climbing; there aren't enough young people replacing them, so in the long term, we're going to have a shortage regardless of what the economic situation is," Garson said.

Case in point: George Gritziotis, executive director of the Construction Sector Council, says 170,000 skilled construc-



Heavy equipment operators and iron workers are in demand.

tion trades workers in Canada are expected to retire by 2017 and another 135,000 more workers will be in demand by then, highlighting the fact that despite the tough job market now, a shortage of skilled trade labour is on the horizon.

As for which careers are

staying hot, Gritziotis said construction estimators, heavy equipment operators and iron workers top employers' lists, while Thibert named accountants and health-care workers such as personal support staff as being in high demand despite the tough economy.



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'I was born a butler'

NOELLE MUNARETTO
for Metro Canada



Brian Betsworth once made his living as an audio-visual technician, setting up special event equipment at some of the city's most well-appointed residences.

Today, Betsworth is instead learning how to run those homes as a student at the Charles MacPherson Academy for Butlers and Household Managers.

Betsworth and a handful of other classmates are spending eight intensive weeks at the Toronto academy under the tutelage of world-renowned butler Charles MacPherson, former butler to the George Eaton family, and other experienced instructors.

In the classroom, students practise everything

from setting the perfect table with Limoges dinnerware, to private aircraft management, to cleaning luxury surfaces with natural products.

"Every day there is something really new and fascinating," says Betsworth, who is in his sixth week of the course. "But the great thing that we learn from Day 1 is that there are three things a butler needs to do: Make the bed, clean the toilet, and serve meals. That for me really says it all. I would love to be that person."

Betsworth couldn't be happier with his career transition. He even insists being a butler isn't that different from his old audio-visual job.

"A lot of what we do is very precision-exacting work, tailored to the client's needs with confi-

dentiality, discernment and a truly service-oriented approach," he said. "To me, household management is directly linked with that."

Paul Bocchini, a graduate of the academy's inaugural class of 2008, is now working as a butler/house manager for a family in the Greater Toronto Area.

"It was so hands-on. Things I had read about other schools were much more classroom-oriented," he said. "We even worked at homes in Rosedale."

Bocchini was also established in his career — as a webmaster for the Canadian Medical Association — before enrolling at the academy. After watching a TV documentary on the Queen, he discovered that being a butler was his dream job.

"I realized I was born a



Student Brian Betsworth uses a steam cleaner at the Charles MacPherson Academy for Butlers and Household Managers.

butler," said Bocchini. "I just didn't know it."

Bonne Aprile, who teaches housekeeping, household management and wardrobe maintenance at the academy, says it's common for the program to attract many already-developed professionals looking for a career change.

"Everyone that I've come across in the class is highly intelligent, well-schooled, with patience and an eye for detail," she said, adding many existing butlers also

enrol in individual classes to refresh their skills.

As for her own career in household management, Aprile says it has been an incredible journey.

"It offers you a chance at a lifestyle that you would never have experienced. There are celebrities, designers, that I would have never met. For me that is unforgettable," she said. "Behind the scenes, there is a lot of hard work. But somehow I always felt I was part of the festivities."

Opportunities for skilled workers rising

GetSmart

Tracy Rogers

tracy.rogers@seneca.on.ca

Getting involved with skilled trades may be an excellent career path choice. With a variety of skilled workers in high demand and the potential for good wages, a career in the trades can be rewarding.

The Conference Board of Canada predicts that one million skilled workers will be needed by 2020 and that 48 per cent of the workforce will be eligible to retire in the next five to 10 years. The opportunities for young professionals will only increase as this transition continues.

Seneca's Centre for Advanced Technologies provides the training and knowledge for students wishing to pursue a career in the area of precision machining. Graduates may find careers in industries that produce cars, airplanes, home appliances, medical equipment, computers, and household goods.

The centre's commitment to program excellence makes it a great place to gain experience for apprenticeships and employment in a variety of areas within a changing manufacturing field. If you are coming from the working world, the programs offered through Seneca's Centre for Advanced Technologies also provide the opportunity for students to graduate and get back into the workforce in as little as one year. You can be trained and ready for a career in the skilled trades in a short period of time.

Spend your time learning in a formalized academic setting that not only provides practical hands-on training, but also gives you the fundamentals in math, science, reading and writing.

Class sizes are small, usually about 20 students per class. All instructors are qualified and experienced in the trades.

As a career, the skilled trades offer the opportunity to advance to management roles or start your own business.

For more information, visit senecac.on.ca/school/centreadvtech.html.

Tracy Rogers is the Career Services Co-ordinator for Seneca College, Seneca@York Campus.

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I CHOOSE
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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Aug. 11.

learning curve 15

Cooking is in his genes

Name: Brendan Platts
Years of experience: Two years in current position; eight years in total
Occupation: Chocolatier/Pastry Chef at Cava Restaurant

Q How did you get started in your industry?

A I grew up with both parents cooking quite often. My mother would make (and still makes) the best preserves from mostly locally grown produce, while my father handled the daily breakfast/dinner cookery. I suppose you could say it's in my blood.

After secondary education, I was part of a volunteer program called Katimavik. As part of my travels, I spent a few months cooking at a café in a little town north of Montreal, St. Adele.

I enrolled at Sir Sanford Fleming College for Culinary Management follow-

Industry411
education@metronews.ca

ing Katimavik. As part of my program, I had a chance to help manage several large catering functions, including a wedding for I Do ... Let's Eat! on the Food Network.

I started at Cava shortly after graduation.

Q Describe the ideal qualities a person should have to succeed in your industry?

A A few qualities I believe anyone pursuing this career should have would be adaptability, strength (both mental and physical), humbleness and a willingness to learn. Being malleable to the needs of your employer and co-workers is paramount.

Thick skin and a friendly attitude doesn't hurt, either.

Q What kind of background, either educational or other, best suits someone starting out in your industry?

A I would say that pursuing an apprenticeship or formal post-secondary education (or a combination of both) is the best start. You learn a lot of fundamental food theory, knife skills, and etiquette.

Q What do you like most about your job?

A A great deal of the pleasure I get from my job originates from my co-workers and employers. We're a tightly-knit family. I've never had such pleasure in working as I do at Xococava, and Cava. It's also a great learning environment. It's like getting your MA for food.

Q What are some of the most challenging aspects of your industry?

A Certainly the sheer length of the work day poses a challenge at first. Balancing work with a social life and keeping up with house-



Brendan Platts

work and exercise takes a bit of effort.

Q For newcomers to the industry, what tips would you offer them?

A • Keep your mind and knives sharp.
• Stay well-fed, hydrated, and rested.
• Accept criticism openly, and learn from it.

Q What kind of local associations/organizations/volunteer activities would you recommend?

A Offer a "stage" at a few restaurants you would like to work at. This will give you a chance to demonstrate your skills in a live-fire kitchen environment, as well as show the chef your willingness to learn.

If you enrol in a college program in the food industry, put your name in the ring for any extracurricular functions, events, etc.

Watch Brendan compete!

- Watch Brendan Platts in action as he competes at the Canadian Regional Barista Championships July 19 at the

Gladstone Hotel. The event runs from 9 a.m.-6 p.m.
• For more, go to canadian-baristaacademy.com

Training a must for massage therapists

LEYLA EMORY
for Metro Canada

Before they can start undoing the daily stresses of life with their fingertips, registered massage therapists undergo a lot of training.

"You can't actually practice massage therapy unless you're a registered massage therapist," says Kailee Kline, founder and president of Healthwinds — the Health and Wellness Spa in Toronto.

That means completing a two- or three-year accredited program and passing the written, then the practice exam of the province's governing college.

This wasn't always the case.

"When I started 28 years ago, massage therapy was very grassroots and not that well-known to the public," says Kline. "But as the profession began to grow and we opted to become a regulated profession under the Health Act,

it meant we had to professionalize our profession."

Today, massage therapy is regulated in Ontario, British Columbia and Newfoundland and Labrador.

"The regulations from province to province are quite similar," says Doug McRae, registrar at the College of Massage Therapists of British Columbia.

Each college provides a list of government-accredited schools within its province. Beyond that, Kline suggests potential

students do research on the schools themselves: "I would look at all the different colleges because, beyond location, every school has its specialty."

And then there's word of mouth. "I talked to therapists in my home town of Peterborough," says recent Fleming College graduate Christine Logan. "Then I contacted the school itself and went to the open house in order to talk to the instructors and other students, picked their brains a bit."

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Trades program launched at George Brown

LEYLA EMORY
for Metro Canada

Finding an apprenticeship in the trades is hard, says Martina Roncarelli.

"There's not an online site where you just apply," she says. "Everything is word of mouth. You have to know somebody, who knows somebody, who thinks that somebody is looking for an apprentice. So the message gets passed down and they might call you, they might not."

The 21-year-old knew she was good with her hands. So when George Brown sent her an email about their new one-year Construction Trades Techniques program, she signed up.

"It's the tour of trades," says Geurt van de Kraats, Chair of Skilled Trades and Apprenticeship at George Brown, and the only program of its kind. "They get

to experience, in actuality, eight trades with a lot of hands-on work."

Typically, a path into the trades involves completing high school, finding a job, which, with a contract between the employer and the ministry, qualifies as a registered apprenticeship.

Roncarelli works for the city as a lifeguard and her friend, Adam Barnes, spent seven years with the ministry of transportation before deciding to get into trades. Out of the 19 students in their class, only one came out of high school.

"We're trying to give them an overview of the construction industry as a whole so they have a better notion of what they want to do," says van de Kraats. "A lot of unhappy people get stuck doing something they don't like because they didn't know what it was really about."

Beyond providing them



George Brown College's new one-year Construction Trades Techniques program is the only program of its kind.

with a better understanding of what's out there, the program is a point of entry into the world of trades.

"They're great teachers," says Roncarelli. "Most of them have a business on the side or still do work. And if you try and get As in all of your classes, all of our teachers told us they'd give us references. That's an amazing thing to have."

Roncarelli plans to update her resumé and post it on apprenticesearch.com. Her first choice is plumbing

then welding and sheet metal. While a certificate in Construction Trades Techniques won't give her an official advantage, her experience likely will.

"If I was an employer and somebody came and said I've taken this program and out of all these trades I want to become a plumber, I'd think this person is going to make money for me right away," says van de Kraats. "This is not a, 'Let's try this job.' She's already spent a year doing it."

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Metro Workology exclusive: Backstage Pass

In the coming weeks Metro's Workology section will be focusing on the part of the entertainment industry that you DON'T see. Backstage Pass will focus on the careers behind the camera and the curtain. So be sure to read Workology and Metronews.ca/work every day.

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Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Ottawa transit agist: Students

University students in Ottawa are criticizing the city over a new OC Transpo policy stipulating that full-time students over 27 cannot buy a student transit pass, which is nearly \$20 cheaper than the regular adult pass. Along with a failed U-Pass pilot project, the president of uOttawa's student federation says the age limit sends a bad message to students.

METRO CANADA

Dance live and in step to a career in choreography

Backstage Pass

JON TATTIE
for Metro Canada

David Connolly has choreographed for TV, movies and the stage. This spring, he was at Halifax's Neptune Theatre directing and choreographing a hit run of *High School Musical*, and that's where his passion lies: Live dance.

"Television and film is certainly more far reaching," he concedes. He choreographed the kids' TV show *The Doodlebops*, which is in six languages around the world. "People are doing the Wobbly Whoopsy all over the world because I invented the Wobbly Whoopsy. When you're having a really bad day, you're like, 'Oh, nope. There's a kid in Spain doing the Wobbly Whoopsy,'" he laughs.

Choreographing on the set of Deepa Mehta's *Hollywood/Bollywood* one winter, he found the dancers' breath was fogging up the camera lens: He had them chew ice to cool their breath.

"You get to do it till it's as right as it can be," he says. "The energy exchange in live theatre between what



Choreographer David Connolly passion lies in live dance.

"People are doing the Wobbly Whoopsy all over the world because I invented the Wobbly Whoopsy."

Choreographer
David Connolly

the audience is giving and what the actors are giving is where the magic happens. Boy, do you ever miss that in TV and film."

Connolly started his career acting on Broadway, but switched to choreography because it gave him greater control over his career. As a choreographer he's "higher on the food

chain" and the work is more stable.

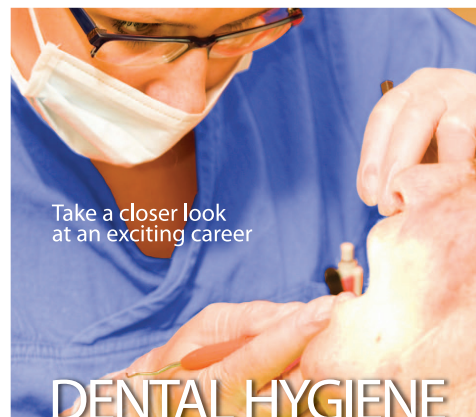
"I see how very often (who gets the acting role) has nothing to do with talent," he says. "At a certain point, there are ten people who can play that part, so it's going to factor in nothing to do with you personally and everything to do with how you look with him, or where you live, or who the musical director loves or has worked with before."

"The insecurity (of acting) is probably part of what drove me to the other side. But there's no greater reward for me than to make somebody laugh or think. That balances out the insecurity of not knowing where the next job is."

For more of the Backstage Pass exclusive series check Workology frequently or stop by: metronews.ca/work

Many fine arts university degrees offer choreography as part of a dance program. You don't have to be a super dancer to choreograph: It's more like a football coach teaching his star quarterback.

On its website, the University of Calgary's dance program notes dancers have historically studied with companies. "A university fine arts education prepares you in a similar way," it says.



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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Beautiful hair, naturally

Haircare that's easy on your locks and the environment

SOFI PAPAMARKO
For Metro Canada

You want the best for your hair, but you also want to be kinder and gentler to the environment.

Good news! There's a new generation of natural hair care products that will help you feel good about the environment without sacrificing the look of your locks.

While certainly not as natural as brushing organic patchouli oil through your tresses and calling it a day, these products are more ecologically sound than most shampoos and conditioners on the market and will leave your hair silky, shiny and free from the dreaded residue often associated with natural hair care products.

Schwarzkopf Professional

Schwarzkopf Professional's Essensity line features shampoos, conditioners, styling products and gorgeous ammonia-free hair colour that is 90 per cent natural — so why not go all the way?

"In order to not compro-



Schwarzkopf Professional's Essensity line and Simply Organic's Everyday Hair are among the many products available that will not just breathe new life into your hair but protect the planet as well.

mise performance of product, at this point you still have to have some synthetic ingredients," explains Kelly Cook, technical adviser for Schwarzkopf. Their amazing Clarifying Shampoo contains organic Eucalyptus essences and is 100 per cent free from artificial colour, artificial fragrances, silicones, PEG's and parabens. Schwarzkopf also have an impressive tropical reforestation initiative in place. (\$15.75 at s c h w a r z k o p f -

professional.com).

Simply Organic

If you're looking to add lustrous shine to your hair naturally, then Simply Organic's Everyday Hair and Scalp Wash and Rinse is a one-two punch. Made with olive leaf extracts and free from parabens, you'll definitely feel good about using it.

Unexpected bonus No. 1: It totally smells like root beer. Unexpected bonus No. 2: In a pinch, the Every-

day Hair and Scalp Rinse does brilliant double duty as a shaving cream. (\$26 at simplyorganicbeauty.com).

Nature Clean

For those with allergies and sensitivities to fragranced personal care products, Nature Clean is a veritable dream come true. The Canadian owned-and-operated company's Herbal Shampoo and Conditioner is 99.9 per cent natural, hypoallergenic and unscented. Best of all, your

hair has never looked or felt better. (\$8.99 at naturecleanliving.com).

Dr. Hauschka

Containing macadamia nut oil and orange oil as well as extracts of Fenu-greek and Rosemary Leaf, Dr. Hauschka's Macadamia and Orange Shampoo for normal hair leaves you smelling like a spice rack and rinses squeaky clean.

Instead of using much-maligned ingredients like sodium lauryl sulfate, a sugar-based surfactant is used to create a sexy lather. (\$19.95 at drhauschka.ca).

Aveda

Aveda have launched their Sun Care line, featuring a Hair and Body Cleanser that removes chlorine and salt build-up and contains natural ingredients such as Tamanu oil, certified organic coconut oil and green tea extract.

It's packaged in 80 per cent post-consumer recycled high-density polyethylene and is scented with Aveda's 100 per cent certified organic signature Pure-Fume blend. (\$24.50 at aveda.com).

Haircare when you are travelling

Forget 'experimenting' with hotel shampoo and conditioners, travel in luxury with Schwarzkopf Professional's two new travel trio kits.

- For stressed locks, there's the Cashmere Travel Kit. It contains the Seah Cashmere Bath Shampoo (50ml), the Seah Cashmere Wrap Conditioner (50ml) and the Seah Cashmere Masque (30ml).

- For colour-treated locks, there's the Blossom Travel Kit. It contains Seah Blossom Bath Shampoo (50ml), Seah Blossom Wrap Conditioner (50ml) and Seah Blossom Masque (30ml).

- Both kits come with a free mini travel pouch and cost \$24 each. Seah products are available at select salons across Canada. To find a store near you please call 1-800-463-3081.



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SPECIAL FOCUS ON: Hair Health

Colour your world

Pro tips on thinking inside the home hair-colour box

You just can't beat the convenience and budget advantages of home hair colouring — unless you somehow give yourself green or orange hair and have to run screaming to a salon for a rescue-9-1-1.

Happily, that's unlikely to happen. Home-colour formulas have improved and the companies who make them have expert on-line step-by-step and video tips as well as toll-free help lines in place for consumers. To get you started on the road to perfect home hair colour, here's our list of top tips.

Think quality and quantity

If you have super-thick or super-long hair, pick up two boxes of hair colour so you have the extra on hand in case you discover halfway through that you don't have enough.

Take precautions if you're expecting

"Despite the cautioning, there are expectant mothers out there who just don't want to give up their hair colour," says Christopher Martin, colourist and co-owner at Shagg Salon in Toronto and consultant for Clairol Canada. He advises using an ammonia-free formula, or going with highlights, because highlighting colour doesn't touch the scalp.

Know your limits

Want to make a big change? Note that you can't go from brunette to blonde in one step. "A box colour won't significantly lighten previously dyed hair," says Nicole Dupuis, technical manager for L'Oréal Canada. If you do want to make such a change, she adds, "you need a specific light-



If you stick to the instructions and few simple rules, home hair-colouring is the way to go.

ening kit designed to bleach colour out."

Assemble your backup team

If you're uncertain how to proceed, you're starting with very dry or damaged hair, or you're trying something new, call your chosen brand's toll-free help line or hit the related website for tips before you begin. They can help with a myriad of issues, from choosing a hair colour formula to counteracting brassy blond tones.

Do your homework

"Read the instructions very carefully," insists Eric Del Monaco, official hair artist and colourist for L'Oréal Paris Canada and stylist at O Sole Salon & Spa in Toronto. Hey, read them twice (they're important!), and follow them faithfully. The package insert will tell you everything you need to

know, such as how to do a proper strand test (using the hair at the nape of your neck, Del Monaco emphasizes) — and why you shouldn't skip it!

Wash your hair a day or two before

"You need the natural oils on your scalp to protect it," says Dupuis — so let your hair get a little dirty before you dye. "Don't comb or brush vigorously before colouring either," she adds. "You don't want to start with an irritated scalp." If you're a swimmer, use a lot of styling products in your hair or have been colouring for a long time and if your hair lacks shine, consider using a clarifying shampoo a couple of times leading up to the week you want to colour.

Hydrate extra-dry hair

Dry, brittle hair is more

porous than healthy hair and absorbs colour more readily. A strand test is a big must so you know how long it'll take to develop the shade you want, but also consider deep-conditioning hair beforehand.

Let your inner neat-freak take control

"Be as tidy as possible," says Del Monaco. He also suggests being methodical about the process. For example, make a sketch on paper of the pattern you want for highlights before getting started.

JANINE FALCON/
BEST HEALTH MAGAZINE

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Red hair tips

Choosing the right red colour can make a real difference in tone, clarity and radiance of skin tone. Here are some tips from Clairol consulting colourist Christopher Martin:

- Cooler tones are best suited to fair skin. Try a medium

reddish blond.

- Medium skin tones should stick to medium red shades. Try a medium auburn.

- Olive-skinned redheads should avoid bright reds and oranges. Try a dark auburn.

METRO NEWS SERVICE

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How big is your love?

Married people more likely to gain weight: Study

The J Spot

Josey Vogels

metronews.ca/thejspot

Seems that old adage about people "letting themselves go" after marriage is true.

Research out of the University of North Carolina recently published in the journal *Obesity* followed 6,949 U.S. adolescents into young adulthood and found that those who married were more than twice as likely to become obese than those who just kept dating.

It isn't surprising that people put on weight once married. Instead of scarfing down a frozen Lean Cuisine before rushing out to meet your Monday night Singles' Rock Climbing

"Obviously, we fall in love with a person, not their size but to deny that part of what drew you to your partner was their physical appearance is naïve."

club, once married, you're more likely to sit down to a full meal together followed by a night in front of the TV, scarfing down a bag of potato chips while the svelte couple in your wedding portrait mocks you from the mantle piece.

Obviously this isn't an issue for many couples — just more to love, right? — but, as wonderful as it is to love and accept each other no matter what, it seems to me many people use this as an excuse to stop loving themselves.

And before you get on my case and think I'm implying that you can't love yourself if you're heavy or that you can't love and accept someone else who's heavy, I'm speaking more

specifically about people who don't start marriage that way.

According to this study, controlling your weight in a relationship can be tough and even cause strain in the relationship.

For example, if your partner is constantly bringing home junk food when he or she knows you're struggling with your weight it can make you feel resentful and unsupported.

Or, in some cases, if one partner manages to lose weight and get in shape, the heavier partner can sometimes feel threatened and insecure.

Asking a partner to lose weight will only make them feel defensive and ultimately less motivated

anyway.

So what do you do? Simply accept it as part of married life?

Obviously, we fall in love with a person, not their size but to deny that part of what drew you to your partner was their physical appearance is naïve.

If their looks change significantly during your relationship or marriage, isn't it also naïve to think this won't have an effect on your relationship?

What do you think? How would you feel if your partner gained a lot of weight? Would you say anything? If you and your partner have both gained weight, has it affected your relationship?

Go to Josey's Sexcetera blog at metronews.ca/blogs and let us know how you feel.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



According to a recent study by the University of North Carolina, controlling your weight in a relationship can be tough and even cause strain in the relationship.

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SPECIAL FOCUS ON:
Hair Health

 health & beauty **21**

Detox your tresses

Pthalates in shampoos may pose risks

 CELIA MILNE
 for Metro Canada


Ever feel like you're getting chemical overload? If you want to detox — especially if you're pregnant — start with your hair. A small step you can take towards toxin-free living is to use shampoo that is "phthalate-free." Phthalates are chemicals commonly found in plastics and vinyl flooring, and they often lurk in shampoos, hair sprays, perfumes and moisturizers as well.

"Phthalates may cause endocrine [hormone] disturbances and other effects," says Dr. John Meeker, assistant professor of environmental health sciences at the University of Michigan School of Public Health in Ann Arbor, Mich. "Animal studies and limited human studies have reported adverse effects on reproduction, fetal development



Phthalates in hair products can have adverse effects on pregnant moms, studies show.

and other processes."

A new study of pregnant women led by Meeker suggests that phthalates may contribute to a growing number of premature births. He and colleagues in the U.S. and Mexico studied data from 60 pregnant women who had been enrolled in a larger study conducted at prenatal clinics in Mexico.

Half of the women carried their babies to term and half of them delivered prematurely. Results showed that women who delivered premature babies had, on average, three

times the levels of phthalates in their urine, compared to women who delivered their babies at full-term. Another study — this one in Shanghai — found that when babies in the womb are exposed to phthalates, they are more likely to have a low birth weight.

Although neither of these studies prove that phthalates cause health problems, they do add to the evidence that phthalate exposure might be a concern in our health and the health of our children.

So what can you do to limit your exposure? Look for products that say "phthalate-free" on the label, Meeker advises. He also suggests there are resources on the web that list phthalate-free products.

Your best bet is to buy fragrance-free shampoos and soaps whenever possible, "although unscented products are not guaranteed to be phthalate free," says Meeker.

C-sections not necessary for all breech births

DELIVERY Many women who end up with a breech pregnancy can safely deliver vaginally, so doctors should not automatically opt to perform a caesarean section, says the Society of Obstetricians and Gynaecolo-

gists of Canada.

Most babies align themselves in the womb in a head-down position in the final weeks of pregnancy, but up to four per cent are in a breech position — with feet or buttocks en-

tering the birth canal first.

"Breech pregnancies are almost always delivered using a caesarean section, to the point where the practice has become somewhat automatic," said Dr. Robert Gagnon. **THE CANADIAN PRESS**

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Choose the right shade for you

HAIR MAINTENANCE When considering changing your hair colour Clairrol consulting colourist Christopher Martin suggests defining what your current colour is and then determining what you want to achieve. He offers these tip to help you choose the right shade:

If you want to go lighter, go one shade lighter from your starting colour every four to six weeks; if you want to go

darker, choose one shade darker each week.

To add warmth, always choose one shade lighter than your current colour. Look for a shade that includes the words "red/gold" in the product description.

To get rid of brassiness, choose a colour one to two shades lighter than your current hair colour. Look for a shade with the word "ash" in it.

METRO NEWS SERVICE

Sun defence for strands

Invest in hair products with UV protection: Experts

JENNIFER YANG
For Metro Canada

We all know what the sun can do to our skin, but what about its effects on our hair?

Sun worshippers slather on sunscreen with near-religious devotion but when it comes to our tresses, many of us aren't shielding ourselves from the sun's powerful beams.

"Your hair has moisture and when you're being exposed to the sun, it's just multiplying the problem of over-dried hair," insists Robert Barbosa, a Redken session stylist and owner of Salon Escape. "All of a sudden your hair becomes extremely dry."

Summer sun can be a hairdresser's biggest pet peeve; it causes colour to fade, curls to flatten and even the shiniest heads of hair to dull.

To ensure a hot summer 'do that's sun-kissed, not sun-baked, invest in hair products



Whether you're poolside or beachfront, take the steps to protect your mane this summer.

ucts with UV protectors like Redken Color Extend or Nexxus Salon Hair Care.

"Products with UVA and UVB protectors are a must these days," Barbosa says. "You can actually see the damage of the sun. The new growth area looks shiny, resilient... and by the time you get to the ends, you see over-porous hair and most of the time it's split ends."

Sunshine isn't the only summertime hair hazard, however, and once swimsuit season is upon us, hair

can get damaged from the water too. While seawater works wonders for getting that textured beach-babe look, salt can build up and cause strands to grow brittle and break. With freshwater lakes, all those minerals swimming around can cause colour-treated hair to lose its hue.

But chlorine is the biggest buzz kill when it comes to keeping summer hair

happy, says Tony Masciangelo, a professional stylist for Nexxus and owner of The Alcorn salon in Toronto.

"Chlorine dries out hair that isn't even coloured," he says. "If you can avoid it, avoid it."

So whether you're poolside or beachfront, take the steps to protect your mane. Barbosa recommends always wetting your hair immediately, since dry hair is more vulnerable to absorbing unwanted chemicals or mineral deposits. Secondly, coat your hair with protective products, either store-bought sprays or Masciangelo's do-it-yourself concoction of equal parts water and hair conditioner.

But sometimes, the best protection is the least attractive one too, and Masciangelo often urges his clients to wear rubber caps when they swim.

The entire line of Nexxus products contain UVA/UVB protectors. For summer try the

Nexxus Sleek Memory Straightening Smoothing Spray (\$13), the Gorgeous Curls Curl Enhancing Foam Styler (\$13) or the Therapex Luxurious Hydrating Shampoo (350ml/\$10) and the Humectress Ultimate Hydrating Conditioner (350ml/\$15).



Redken's new Color Extend Shine Enrich collection is designed to protect haircolor while helping to seal split ends, smooth fly aways and add shine. Consumers can call 1.866.9.REDKEN or visit .redken.ca to locate a Redken salon. (Products range in price from \$14.29 to \$23.29).



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What causes hereditary hair loss?

Each hair grows from a pocket in the skin called the hair follicle. During its growing phase, the follicle has a bulb-shaped bottom, the center of which is called the dermal papilla. The papilla is fed by very small blood vessels, which bring it food & oxygen and remove wastes. The papilla is highly sensitive to hormones and chemicals secreted by the body (*or ingested as a medicine*) which impacts hair growth.

It is believed that some individuals have a genetic predisposition to a receding hairline (*most common in men*) or hair/follicle thinning over larger areas of scalp (*more common in women*). These conditions result from hormonal changes caused by an enzyme in the dermal papilla called 5-alpha-reductase. This enzyme breaks down the hormone testosterone into dihydrotestosterone (DHT).

Over a period of time, an over abundance of DHT causes the hair follicle to degrade and shortens the active phase of the hair, eventually leading to thinner hair and eventual hair loss.

How does BIO-FEN PLUS™ work?

Specific compounds within the herbal extracts inhibit the 5-alpha-reductase (*and therefore reduce DHT*) to prevent or slow down the rate of hair loss. This process is the principle by which the prescription drugs such as

Propecia (*finasteride*) work. However, BIO-FEN PLUS™ also contains additional compounds which remove excess cholesterol and testosterone – the building blocks of DHT.

BIO-FEN PLUS™ also contains vitamins to increase blood flow to the small capillaries that feed the hair roots, to deliver the active herbal compounds and remove waste. **Therefore, BIO-FEN PLUS™ provides a natural, safer alternative to expensive drugs, and/or expensive & painful hair transplants.** As with the prescription alternatives, results vary from person to person, and no one product will work for everyone.

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Folic acid: Consult a health care practitioner if you are uncertain whether or not you are taking adequate vitamin B12, as folate supplementation can mask a Vitamin B12 deficiency.

Vitamin B3: Consult a health care practitioner prior to use if you have impaired liver function.

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What is the quality of BIO-FEN PLUS™ ?

BIO-FEN PLUS™ is manufactured in Canada according to a quality assurance program called Good Manufacturing Practices (GMP). This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and again prior to sale.

See our website to locate your nearest Health Food Store or Pharmacy that offers BIO-FEN PLUS™ and

other quality products from Hair Grow Technology. If you have any questions or comments about our products that target hair loss and support the growth of strong, healthy hair, please do not hesitate to contact us.

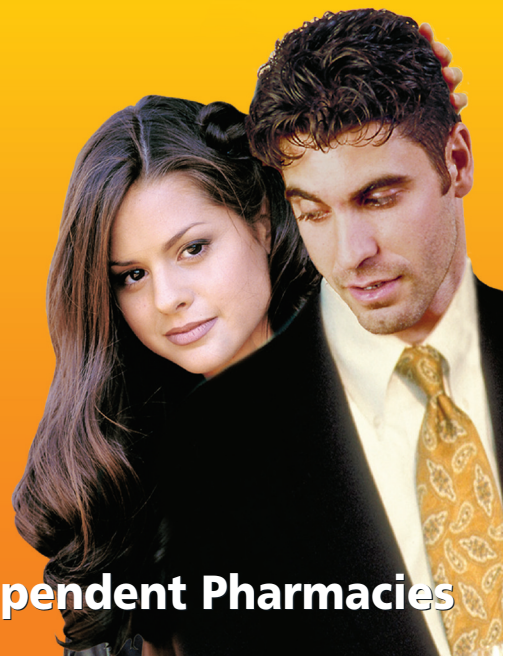
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D-calcium pantothenate (<i>Vitamin B5</i>)	10.40 mg
Niacinamide (<i>Vitamin B3</i>)	10.25 mg
Pyridoxine HCl (<i>Vitamin B6</i>)	2.00 mg
Riboflavin (<i>Vitamin B2</i>)	1.58 mg
Folic acid	0.095 mg
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A New York art gallery has temporarily removed an Andy Warhol portrait of Michael Jackson from the auction block. The Vered Gallery co-owner Janet Lehr says in a statement she wants to offer the 1984 work to "the greatest number of prospective purchasers." **THE ASSOCIATED PRESS**

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Ryan's big raise

According to the Hollywood Reporter, Ryan Seacrest has signed a deal worth \$45 million US to continue hosting *American Idol* for the next three years, more than tripling his old salary. POPEATER.COM



Harry Potter film screenings



MIDNIGHT SCREENING There will be special Harry Potter and the Half-Blood Prince screenings at midnight tonight at Scotia Bank Theatre, Market Square, Varsity Theatre, Yonge-Eglinton Centre, Queensway, Empress Walk, Silvercity Yorkdale, Eglinton

Town Centre, Kennedy Commons, Coliseum 10, Courtney Park, Colossus 19, Elgin Mills 10, Silvercity Richmond Hill, Silvercity Brampton and Whitby 24.

For the movie review and screen times, read tomorrow's copy of Metro. **METRO NEWS SERVICES**



The Dead Weather is equal parts The White Stripes, Queens of the Stone Age, The Kills and The Raconteurs but their sound is unique, says drummer Jack White.

Dead Weather goes along with the music

BRYAN BORZYKOWSKI
for Metro Canada

If anyone deserves the title "busiest musician in showbiz" it's Jack White. Besides fronting The White Stripes, the prolific artist is a producer, a record store owner and the guitarist and singer in the Raconteurs. So when White started yet another project, even he was surprised.

"I wasn't expecting to be in a new band on another tour," says White before a gig in Toronto. "Last fall I had an empty calendar. I can't believe what has happened in the last six months."

What's happened is The Dead Weather, a sludgy garage blues rock band that features The Kills' Alison Mosshart on vocals, Queens of the Stone Age's Dean Fertita on guitar, Raconteurs' Jack Lawrence on bass and White on the skins.

It's a supergroup to be sure, but unlike, say, Velvet Revolver, the foursome isn't doing this to make a quick buck. The reason they formed the band, says White, is because the music told them to.

"I do believe the music tells you what to do," he explains. "If the songs did

"It was really a massive accident. We had so many songs that we really loved and we were having such a good time."

The Kills' Alison Mosshart

n't emerge they wouldn't have told us to form a band. We're busy. We're not looking for something fun to do. There was a direct need to create these songs."

You can't just chalk this band formation up to some musical spirit having its way with the group — it helped that White became friends with Mosshart after the Kills opened for the Raconteurs.

Soon enough the friendship blossomed into a musical partnership when, on one alcohol-fuelled night, the two songwriters, along with Fertita and Lawrence, recorded Gary Numan's *Are Friends Electric*. About 12 hours later they had written four other songs.

"We just kept writing," says Mosshart. "It was really a massive accident. We had so many songs that we really loved and we were having such a good time."

There's no question that these swampy goth-rock songs are fun, but they're no White Stripes or Kills. White admits that it might be difficult

for people to get that this new band is different.

"If you put musicians in bands together people think the new group should therefore be better than the best Queens, Stripes and Kills songs put together," says White. "It's impossible for fans not to have these preconceptions. I imagine it will take a couple listens to clear their head."

White also points out that just because this group doesn't sound quite like their other acts, doesn't mean The Dead Weather went into the studio consciously trying to create a new sound.

"It's very hard for people not to think it's pre-mediated and talked about," he says. "But, if we sat down and said who should be in this band, it would have been something else. If you go into it thinking I like this one Missing Persons album or I like this Frank Zappa record then maybe you'll get something, but it won't make sense. If it doesn't come naturally then it's not worth doing."

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First the Tony Awards, now the Emmys

CBS says Neil Patrick Harris will host The 61st Primetime Emmys, airing Sept. 20. Harris stars in the CBS comedy *How I Met Your Mother* and won critical acclaim this year as host of CBS' Tony Awards broadcast. **THE ASSOCIATED PRESS**

entertainment **25**

Jackie and the kid kick off a new karate caper



GETTY IMAGES

Karate ace Jackie Chan is all set to kick off a new movie hit.

Chan, 55, will play the wise kung-fu master in a Hollywood-Chinese remake of the 1984 hit *The Karate Kid*.

Filming began in Beijing on the weekend.

Chan's young disciple in *Kung Fu Kid* will be played by Jaden Smith, the son of

Hollywood superstars Will Smith and Jada Pinkett Smith.

Kung Fu Kid is being directed by Harald Zwart, who also directed *One Night At McCool's* and *The Pink Panther 2*.

Chan and Smith, along with Smith's parents and sister Willow, attended a traditional Chinese ceremony to mark the start of

the shoot Saturday.

Will Smith — one of the film's producers — Chan, and others symbolically removed a piece of red cloth covering a movie camera.

His hair done in a giant Afro and wearing a bright red track jacket and blue pants, Jaden Smith stood and waved when he was introduced.

THE ASSOCIATED PRESS

Where to see him

- Jackie Chan will be seen next in the Hollywood action comedy *The Spy Next Door*, about a Chinese spy whose cover is blown.
- He also stars in *Big Soldier*, about friendship between two soldiers in China's ancient Qin dynasty.

There's a time and a place for comedy.

Tickets on sale now.

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hahaha.com/toronto

WESTJET PRESENTS

Toronto Just for laughs festival



Mel Gibson isn't wasting time with his girlfriend's singing career. Less than a month after Oksana Grigorieva released a video for her first song, Say My Name, she's back with another one. Beautiful Heartache was directed by Gibson in Mexico. **POPEATER.COM**

Red alert! It's Christina

But who'd know Mad Men star is a natural blond?

NED EHRBAR
for Metro World

As voluptuous Joan Holloway on Mad Men, Christina Hendricks has been melting hearts with her fiery red hair.

The only thing is, she's a natural blond.

At the age of 10, Hendricks had a revelation.

"I wanted to be Anne of Green Gables," she admits. So the red rinses began.

"When I started modeling, I went back to my natural blond colour, but I always felt like a redhead," she says.

After going red again, "I started working 10 times more than I did as a blond."

Known as much for her curves as for her hair, Hendricks admits working on a show like Mad Men has been a blessing: She can avoid the gym.

"If (creator Matthew Weiner) sees a



Christina Hendricks on Mad Men. She admits she loves the 'positive' attention from men that the show brings her.

defined arm muscle, he'll tie you down so you can't use your limbs," she jokes. "It's important to him that you don't see sculpted 2009 bodies."

Not that anyone's complaining about the shape Hendricks is in: "I've gotten a lot of positive attention," she says.

Hendricks doesn't see Joan as using her body overtly. "Joan never really says anything sexual or anything with innuendo." One of the biggest take-aways from the show for Hendricks has been the fashion lessons. "I never would've thought to put on a pencil skirt before Mad Men. And it does wonders," she says.

**Season 2
of Mad Men
is out on DVD
today**

DVD picks

12

Director: **Nikita Mikhalkov**

A DAGGER stabs through a thick stack of paper, showing how easily it would have passed through a man's heart.

The verdict for 12 Moscow jurors deciding the fate of a Chechen youth accused of murdering his Russian stepfather seems just as simple: guilty as charged.

Yet one of the men vacillates, remembering his own troubled youth, and sets in motion a series of accusations and confessions from the other jurors that turns rough justice into a masterful intrigue.

Nikita Mikhalkov's Oscar-nominated version of Reginald Rose's classic story of crime and punishment, already well told through Sidney Lumet's 1957 film *12 Angry Men*, is less a remake than a brilliant reinvention.

He remains true to the story basics but transforms the spirit of the drama into an exposé of Russian society and its many failings.

All of the actors are first-rate, including Mikhalkov in the role of the jury foreman whose own late-arriving story ups the ante of a narrative that never flags, even at an epic 159 minutes.

The standout is Sergey Garmash as a racist cab driver.

Mikhalkov breathes air into the room by setting the jurors in a dilapidated high school gym for their deliberations, which allow them to make use of innovative props and to demonstrate the sad state of Russian infrastructure.

A small bird that flits in and out between the holes in the room acts as metaphor for the fate of the Chechen youth (Apti Magamayev) who sits in solitary confinement.

This most American of courtroom sagas has been masterfully transferred to Russian soil.

Overlooked at theatres in its spring release, and a runner-up for Oscar glory in the Best Foreign-Language Film category in 2008, it deserves the full attention of discerning DVD buyers and renters.

Che, Part One

Director: **Steven Soderbergh**

THE ELEPHANTINE account by Steven Soderbergh of the rise and deification of revolutionary Ernesto (Che) Guevara ran a bladder-bursting four hours and 22 minutes in its theatrical version.

But it has been split into two for the DVD release.

The first and better section, *The Argentine*, begins with Guevara's mid-1960s posturing at the U.N. before backtracking into the jungle warfare that led to victory alongside Fidel Castro in 1959.

The film reeks of authenticity but also self-indulgence.

A potentially great performance by Benicio Del Toro in the title role is buried beneath Soderbergh's stylistic tics.

We never really get to know the man whose face launched a million T-shirts.

(NOTE: James Gray's romantic drama *Two Lovers*, previously reviewed, is also available today.)

— **PETER HOWELL/**
FOR METRO CANADA

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stillwondering.ca

No high-tech for Harold

Harold Ramis insists Ghostbusters 3 won't be "super high-tech." The writer, who stars as ghost hunter Egon Spengler in the franchise, isn't a fan of computer-generated imagery, and doesn't think slick production would fit the spirit of the films. **FEMALEFIRST.CO.UK**



5 questions for Colin and Brad

Comedians Colin Mochrie and Brad Sherwood — who appeared together on the improv-based Whose Line Is It Anyway — took the time to ask each other five questions about their business and personal lives.

The duo will appear at the St. Lawrence Centre Thursday through Saturday as part of the Toronto Just For Laughs Comedy Festival.

Brad Sherwood interviews Colin Mochrie:

Brad: If you had to get out of show business entirely, what would you want to do for the rest of your life?



Colin Mochrie, left, and Brad Sherwood are reuniting this week for three shows at the St. Lawrence Centre.

Colin: I would love to be a billionaire ... or an assassin. If it came down to skills, I'd be a chef.

What is a guilty entertainment pleasure most people would be surprised you enjoy? Project Runway would surprise people, considering how I dress.

If you could only eat one breakfast, lunch and dinner

for the rest of your life (but wouldn't get tired of them) what would those meals be?

Breakfast: Ham, cheese, onion and jalapeno omelette. Lunch: Lobster bisque with a grilled cheese sandwich. Dinner: A turkey dinner with all the trimmings.

If you could change one thing about society, or people,

Just for Laughs

The Toronto Just for Laughs Festival runs until Sunday at venues around the city. For full details visit hahaha.com. Here's a glance at what's on over the next couple of days:

Today

- John Lequizaro Live, Berkeley Street Theatre, 8 p.m.
- The Danny Bhoj Show, St. Lawrence Centre, 7 p.m.

Tomorrow

- The Canadian Masters, Absolute Comedy, 8:30 p.m.
- John Lequizaro Live, Berkeley Street Theatre, 8 p.m.
- The Danny Bhoj Show, St. Lawrence Centre, 7 p.m.
- Jon Dore Show, The Rivoli, 8 p.m.
- John Caparulo and Jimmy Carr, Yuk Yuk's, 8 p.m.

what would it be?

There are so many things: Global rudeness, self-entitlement and fixation on celebrity. If it was only one it would be the gross injustice of being free to make fun of bald people.

Colin Mochrie interviews Brad Sherwood:

Colin: At six-foot-four you were the second tallest on Whose Line. Has your height helped you in the world of humour?

Brad: As a taller improviser, I don't have to pick the low hanging fruit off the comedy tree. Others, who shall remain nameless (rhymes with Shmahlain Blockry), tend to go for the easy pickings.

If we had an unlimited budget, what would you add to our show?

I would add trained live tigers to our show. No one else is doing that ... anymore. I would also get Col-

in a beautiful tuxedo made out of meat.

Why hasn't America embraced the NHL?

America has all but shunned hockey as a sport. The U.S. treats hockey like the drunk girl it met in a bar. ... The fact that there are hockey teams in American towns where snow doesn't fall is a travesty. I say, if your city is incapable of producing outdoor ice, you should not be able to have a hockey team. I would like to warn you wonderful Canadians that our country will soon start sniffing around, and find out about curling ... (then it) will be stolen by us, and played in the swamps of Florida.

What are the five things that are important when touring on the road?

Colin's girdle. Colin's blanket. Colin's suppositories. Ointment. A funnel.

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Tuesday, July 14, 2009

28 entertainment

The Wanted stands alone

More than any news program in recent memory, NBC's *The Wanted* comes with a reputation preceding it. And it isn't good.

The series about chasing alleged terrorists and war criminals was the subject of stories questioning its reporting five months before its debut, set for July 20 at 10 p.m. EDT. Unflattering references were made to *To Catch a Predator*, NBC's derided yet successful sting operation for potential sex offenders.

Its producers are anxious for people to judge the work for itself.

"The people who've called it, 'To Catch a War Criminal,' they've never seen the show," said journalist Adam Ciralsky, who co-produces the series with documentary filmmaker Charlie Ebersol and appears on screen, too.

Ciralsky works with Roger Carstens, a counterterrorism expert; former Navy SEAL Scott Tyler; and former U.S. intelligence official David Crane on the show. Each week's hour focuses on someone who is living freely despite being accused of crimes by governments or tribunals else-



Reporters, from left, Roger Carstens, Adam Ciralsky and Scott Tyler from NBC's *The Wanted*. The program debuts on July 20 at 10 p.m.

where in the world.

The first episode tracks Mullah Krekar, who is living in Norway and is leader of the Ansar Al Islam, an Iraqi-formed terrorist group believed to be behind attacks on U.S. and allied troops in Iraq. The next week focuses on Mamoun Darkzanli, who lives in Germany but has been accused by a Spanish court of providing financial and logistic support to al-Qaida.

Ebersol, son of NBC Sports Chairman Dick

Ebersol, said he and his partner were intrigued by stories of people accused of serious crimes who hadn't been brought to justice. Some they confront actually say they're eager to have their conduct judged, believing they can clear their names, he said.

"At its core, the most important thing to look at is whether or not there is an opportunity for justice to occur," Ebersol said. "We're not saying a person is guilty or innocent."

It would seem odd, how-

ever, for a series called *The Wanted* to knowingly broadcast an hour on someone producers believe is innocent.

The producers call it a "follow documentary" and talk about "breaking through the fourth wall" with viewers by making them seem part of the investigation while it's happening. The goal is to marry investigative reporting on complex issues with high-end production values.

THE ASSOCIATED PRESS

TO	Vu	SC	C	7:00	7:30	8:00	9:00	9:30	10:00	10:30	11:00
7/14/09	265	353	2	TVO	Undersea Exp.	Parks	The Best of The Agenda	Judah & Mohammad	Chinese School	Best Agenda	
	211	331	3	GTV	ET Canada	Entertainment	NCIS "Love & War"	Big Brother 11 (N)	NCIS	News	
	215	343	4	OMNI	Two/Half Men	The Simpsons	News (N)	Vivere II	News (N)	Metropia	
	210	302	6	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	Being Erica (DVS)	CBC News: The National	The Hour	
	214	344	7	CITY	Law & Order: SVU	According-Jim	Murdoch Mysteries (HDTV)	Murdoch Mysteries (HDTV)	Make Me a Supermodel	News (N)	
	212	313	8	CTV	etalk	Hollywood	Canada's Next Top Model (N)	Criminal Minds (HDTV)	Law & Order: SVU	News (N)	
	218	345	11	El	The Insider (N)	El News	Taking It Off	Better Off Ted	Ruby	News (N)	
	137	763	13	TFO	Panorama été	Esprit	Sur la Piste de Villages	L'Oeuvre au noir ** (1988, Drama)	Anna Karina, Sami Frey	Esprit	
	-	-	14	-	Raymond	According-Jim	News (N)	News (N)	Two/Half Men	King	Cold Case
	213	326	15	SUN	Scrubs	George Lopez	Meltdown (2006, Science Fiction)	Casper Van Dien	The DVD Show	Argos Access	Becker
	-	387	16	CBS	Inside Edition	Holly Wood	NCIS "Love & War"	Big Brother 11 (N)	48 Hours Mystery	News (N)	
	-	385	17	NBC	The Insider (N)	Entertainment	America's Got Talent	America's Got Talent (N)	Law & Order: SVU	News (N)	
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	The Superstars (N)	Better Off Ted	PrimeTime: Family Secrets (N)	News (N)	
	219	346	20	ACH-B	The Road to Avonlea	Monk	America's Got Talent (N)	Cupid "Shipping Out" (N)	Cupid "Shipping Out" (N)	News (N)	
	-	-	28	FOX	Judge Judy	Two/Half Men	MLB Baseball All-Star Game. (HDTV) From Busch Stadium in St. Louis.	(Live)	The Simpsons	Business Rpt.	
	-	388	61	PBS	News-Lehrer	Foot in Grave	Nova (HDTV) (DVS)	Nova scienceNOW (N)	Black Coffee	News (N)	
	297	652	330	WPX	Two/Half Men	Family Guy	90210 (HDTV)	Hitched or Ditched	PIX News at Ten	Two/Half Men	
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)	WBZ News (N) '70s Show	Frasier	Punk'd	
	298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Clay	Friends	KTLL News	Two/Half Men	90210
	502	390	26	NW	CBC News	Mansbridge	The Hour	CBC News: The National	Mad, Bad & Ugly Drivers	National	
	500	500	33	CNN	Lou Dobbs Tonight	Campbell Brown (N)	CNBC Reports	Larry King Live (N)	Anderson Cooper 360 (HDTV)	Mad Money	
	509	504	79	CNN	Kudlow Report	MLB Baseball All-Star Game. From Busch Stadium in St. Louis. (Live)	World Poker Tour	SportsCentre (HDTV) (Live)			
	405	417	22	net	MMA Conn	All-Star Pre.	Cycling Tour de France - Stage 10. From Limoges to Issoudun.				Cycling
	400	400	30	TSN	Billiards: WPBA	Bounty Hunter	Pimp My Ride	Super Bikes!	Drag Race	Pimp My Ride	
	411	457	58	OLN	Bounty Hunter	Bounty Hunter	Malcolm-Mid.	Family Biz	Falcon Beach	Mystery Hnt.	
	417	406	81	SC	Pimp My Ride	Prank Patrol	Futurama	Family Biz	Robot Chicken	Moral Ore	
	551	542	25	YTV	Family Biz	Prank Patrol	6TEEN	Futurama	Ned's School	Cory in House	Zack & Cody
	554	544	45	TEL	Jimmy Two	Total Drama	6TEEN	Futurama	Confessions of a Go-Go Girl (2008, Drama)		
	556	540	51	FAM	Wizards-Place	Han, Montana	Zack & Cody	Wizards-Place	Video on Trial	disBand	One Tree Hill
	602	567	27	W	Style by Jury	Friends	Style by Jury	Style by Jury	The Cleaner (HDTV) (N)	The Cleaner	George Lopez
	570	580	29	MM	One Tree Hill	Degrassi: TNG	The First 48 (HDTV)	The First 48 (HDTV) (N)	Raymond	Raymond	The Daily Fix
	615	520	31	A&E	The First 48 (HDTV)	Magnifica Italia	Magnifica Italia	Magnifica Italia	Entourage	Gene Simmons	Ultimate Garth
	700	800	35	TLN	Centovetrine	Sky TG 24	Ranked!	Reba	Hope & Faith	Hope & Faith	House
	571	581	36	MMM	The Daily Fix	Home Improve.	Home Improve.	Reba	Hope & Faith	Hope & Faith	Law & Order
	575	583	38	CMT	Cross Canada Countdown	Painkiller Jane	The Haunting of Sorority Row (2007, Drama), Kailin See	Bravonews	Numus	Numus	ET Canada
	616	521	39	SHO	The Outer Limits	The Story Behind the Notes	Rich Bride, Poor Bride	Rich Bride, Poor Bride	Marine Mach.	Marine Mach.	House
	620	523	40	BVO	The Story Behind the Notes	Rich Bride, Poor Bride	To Build a Nation	To Build a Nation	Hot Box (N)	Awesome	Day's Show
	601	562	41	SLC	Skin Deep	Tilt Debt-Part	Lost Worlds	Twister *** (1996, Action) Helen Hunt, Bill Paxton.	House Hunters	House Hunters	Holmes-Homes
	522	506	43	HIS	NCIS "Singed Out"	Diary of a Mad Black Woman ** (2005, Comedy-Drama) Kimberly Elise.	Torchwood	Torchwood	Tiny & Toya	Welcome to	W. Williams
	625	548	44	COM	Air Force	Just for Laughs	Star Trek: Voyager	Star Trek: Voyager	Watchmen	Watchmen	Stargate SG-1
	600	544	46	H&G	House Hunters	Property Virgin	MTV News	MTV News	Run's House	Run's House	MTV Live
	294	529	47	TBS	Family Guy	Family Guy	Tube Tales	Tube Tales	Family Guy	Seinfeld	Seinfeld
	576	582	49	BET	106 & Park	Diary of a Mad Black Woman ** (2005, Comedy-Drama) Kimberly Elise.	At the Table	At the Table	Good Eats	Good Eats	Iron Chef Am.
	627	528	50	SPC	Stargate Atlantis	Diary of a Mad Black Woman ** (2005, Comedy-Drama) Kimberly Elise.	On the Buses	On the Buses	Galileo's Sons	Galileo's Sons	Pottergeist
	581	566	52	TRP	Room Raiders	After	TMZ (N)	TMZ (N)	Tonight Show-Conan O'Brien	Tonight Show-Conan O'Brien	TMZ
	618	524	54	MVP	Power Play "The Truth"	Max & Ruby	Franklin	Franklin	Comfy Couch	Zigby	Max & Ruby
	603	561	56	FOOD	Chef at Home	French Food	Fort Boyard (SC)	Fort Boyard (SC)	TV 22 heures	Juste pour rire en direct	Juste pour rire en direct
	261	394	60	V	Murder, She Wrote	Franklin	Le Téléjournal	Le Téléjournal	RDI en direct	Le National	Le Téléjournal
	621	527	63	STR	The Ellen DeGeneres Show	Missing	Missing	Missing	Ghostly Enc.	In Dreams	Psychic Inv.
	553	546	65	TRE	Backyardigans	Night Grdn	Vanessa Bauche.	Vanessa Bauche.	Helio II: The Golden Army *** (2008, Action)	Helio II: The Golden Army *** (2008, Action)	10,000 B.C. *
	115	711	101	TVA	Qui perd gagne (N) (SC)	Front reports (SC)	The Fearless Vampire Killers *** (1967, Horror)	The Fearless Vampire Killers *** (1967, Horror)			Nature-Nichols
	126	730	102	RDI	24 Heures en 60 minutes	Front reports (SC)					
	526	507	249	VIVA	Judging Amy	Missing					
	300	601	301	MI	August Rush	Imitation (2007, Drama) Vanessa Bauche.					
	305	612	306	PIX	The Song of Hawatha ** (1996, Biography), Lilefoot						

critics'corner

Being Erica

All it takes is one intimidating person to make someone leery of standing up for herself. In this episode, Erica has a new boss who's a real bully. To help her gain the confidence to confront him, Dr. Tom sends her back to university for a do-over with a fearsome professor in "The Secret of Now." 9 PM on CBC



Judah & Mohammad

They don't live a long distance from each other, but the teenage subjects of this documentary are worlds apart. The film follows the two boys — one Israeli, one Palestinian — over 18 months, following them into their respective schools to see how life in hostile territory informs their education. 9 PM on TVO

Mad, Bad & Ugly Drivers

This new documentary spotlights three kinds of dangerous drivers — the overly aggressive, the overdriven and the distracted. The crash footage will have you rethinking your less-than-perfect driving habits. The film also offers a peek at technological innovations that may help. 10 PM on NW

In brief

COURTS A federal judge in Rhode Island says Survivor winner Richard Hatch cannot leave home confinement early to star in a 10th anniversary edition of the reality show in Samoa. Hatch was convicted in 2006 of failing to pay taxes on the \$1 million US he won on the debut season of the CBS reality show.

CAREER Dylan McDermott didn't even consider acting until Eve Ensler came into his life. Ensler of The Vagina Monologues fame married his father when McDermott was 15 and he says "she instantly said that I should be an actor."

ROLE Star Wars co-star Natalie Portman is storming back into action films with a role in the comic-book adaptation Thor. Portman has been cast as Jane Foster, the first love of the title character in the Marvel Comics.

THE ASSOCIATED PRESS

Kenya'sStyle



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Kate's in business

Kate Moss is set to launch a 1.5-billion-US business empire with music mogul Simon Cowell and businessman Sir Philip Green, femalefirst.co.uk reports. The power trio hopes the new company will be able to compete with Disney. **METRO NEWS SERVICES**



Celebrity Buzz

Posh is gunning for Sex and the City sequel role

JUST WANTS TO ACT

Victoria Beckham is busy brushing up her acting skills in the hopes of landing a part in the next Sex and the City movie, according to the Daily Mail.

Beckham wanted to take part in the first film, but the Spice Girls reunion tour schedule



made it impossible.

"She really wanted to be in the last movie but wasn't able to," a source tells the Daily Mail.

"This time she's keen to take part," Beckham had a cameo on Ugly Betty in 2007.

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Angelina and Brad are in the market for a NYC pied-à-terre

OVER-HOUSED Brad Pitt and Angelina Jolie are reportedly ready to add another home to their portfolio of properties, looking to scoop up a spot in the Apthorp, a 1908 luxury

building on New York City's Upper West Side, according to Gatecrasher. "The gated courtyard means they can get in and out of their car without being hassled by paparazzi. The building also has several other exits," a source says.

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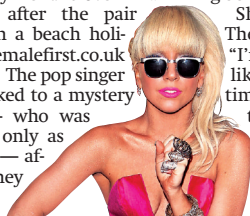
Gaga bids goodbye to fling

DISPOSABLE RELATIONSHIP Lady Gaga has hinted her relationship with her entrepreneur boyfriend is over — a month after the pair went on a beach holiday, femalefirst.co.uk reports. The pop singer was linked to a mystery man — who was known only as Speedy — after they were

photographed kissing passionately in Hawaii in June. But the singer is now enjoying being on her own.

She tells Britain's The Sun newspaper, "I'm a single girl. I like to have a good time. I just sleep with the guys in the band all the time because it's easier."

METRO NEWS SERVICES



Longoria likes it when Tony ties her up

LEISURE PURSUITS Eva Longoria Parker likes being tied up during sex, femalefirst.co.uk reports. The Desperate Housewives actress — who is married to basketball star Tony Parker — has revealed her most satisfying lovemaking sessions involve her being restrained in the bedroom.

She revealed: "I'm not averse to being tied up with silk scarves. I like a man to take charge. There's something very sexy about being submissive."

Speaking as part of Cosmopolitan magazine's Best

Ever Sex survey, Spider-Man star Kirsten Dunst also revealed her favourite encounter, admitting she once had sex in a store changing room with actor Jake Gyllenhaal.

Former Spice Girl Mel B revealed her husband, film producer Stephen Belafonte, is the only person she has ever been in a relationship with who could match her sex drive. She said: "I know I'll always be faithful to Stephen because I've never met anyone before him who is sexually on a par with me."

METRO NEWS SERVICES



Rachel's vocal cords get sliced and diced

ALTERATIONS After years of putting surgery off, TV host Rachael Ray has gone under the knife to repair her vocal cords, popeater.com reports. People magazine learned that Ray underwent the procedure last week.

"Rachael decided to have a benign cyst removed from her vocal cord," said her rep. **METRO NEWS SERVICES**



Lonesome Leonardo chats up the chicks

PLAYAS Leonardo DiCaprio, who recently split from model Bar Rafaeli, has been spotted at New York watering holes "with a bunch of dudes, talking to girls," sources tell Page Six.

DiCaprio and "a crew of guys" were seen enjoying the company of "two stunning mystery females" at the Knave bar in Le Parker Meridien in midtown.

METRO NEWS SERVICES



Bored Brit varies up her show

OVERACTIVE MIND Britney Spears continually changes her stage show to stop herself from getting "bored," femalefirst.co.uk reports.

The singer — who is currently completing the European leg of her Circus tour — continually changes her set list and introduces new dance rou-

tines to ensure her performances are always fresh. She explained: "We have a song called Mannequin that we're adding to the show, which I'm really, really excited about, so it should be in-

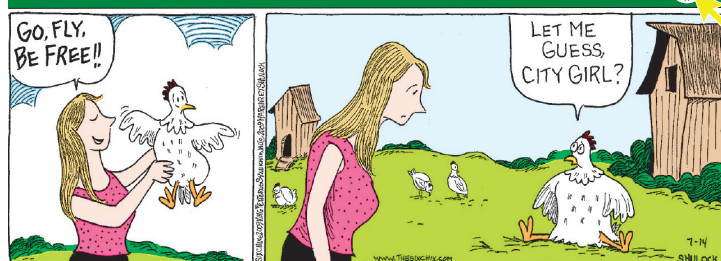
teresting. We have to update the show or it gets really boring." Spears is currently in Paris, and says it's one of her favourite cities. She said: "It's going really well so far, I'm having a lot of fun. I'm very excited to be in Paris."

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Lindsay's got her sights set on Russell

DESPERATION Ever since her relationship with Samantha Ronson hit a rough patch, Lindsay Lohan has reportedly had her sights set on Russell Brand. "Russell has been on her radar for a while now but he doesn't want anything to do with her," a source tells the Sun.

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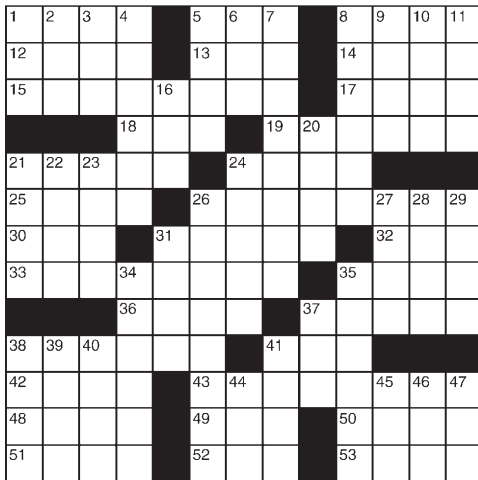
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33 Bible
35 On in years
36 Wriggly swimmers
37 Travelocity mascot
38 Old Portuguese money
41 Crone
42 Body powder
43 "I hope you succeed"
48 Lotion additive
49 Anger
50 Needle case
51 Stamina
52 Letterman's network
53 Exemplar of 24-Across

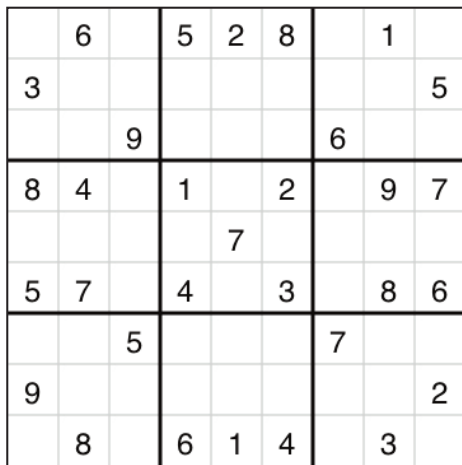
Crossword down

- 1 Ginormous
2 Commotion
3 Zodiac cat
4 Nut
5 Couturier Cassini
6 Not a lot
7 End of the line?
8 Money back
9 Exam format
10 Sightless trio of rhyme
11 Equal
16 Sister
20 Helps
21 Overly proper one
22 38-Across' replacement
23 "Arrivederci"
24 Barcelona bulls
26 Re earth science
27 Therefore
28 Throat sound
29 Prospector's find
31 Sleeping
34 Low cards
35 User of 7-Down
37 Peregrinate
38 List-ending abbr.
39 Post-Christmas event
40 Stop up
41 Weeding tools
44 Sphere
45 Multipurpose truck
46 Prompt
47 Youngster

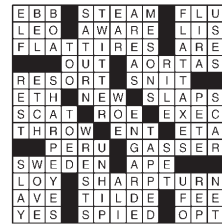
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	7	1	8	5	2	4	3	9
5	3	4	7	9	6	1	8	2
9	2	8	4	1	3	6	7	5
7	5	9	3	8	4	2	6	1
1	8	6	9	2	7	3	5	4
3	4	2	1	6	5	7	9	8
4	6	5	2	3	8	9	1	7
8	9	7	6	4	1	5	2	3
2	1	3	5	7	9	8	4	6

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min	Genius	17-21 min	Smart
13-17 min	Scholar	21-25 min	Not bad
		25+ min	Keep practising

Metro Recipe of the Day



Chicken Strips with Garlic Sauce

INGREDIENTS:

- 1 lb (500 g) boneless, skinless chicken breasts
4–6 cloves garlic
2 tbsp (25 ml) Dijon mustard
1 tbsp (15 ml) tomato paste
2 tbsp (25 ml) wine vinegar
4 tbsp (60 ml) chicken stock or water
4 scallions
2 tbsp (25 ml) olive oil
1/2 lb (250 g) vermicelli
Salt and black pepper
2 tsp (10 ml) cornstarch
3/4 cup (175 ml) table cream

METHOD:

- Put pot of water on to boil for vermicelli. Cut chicken breasts diagonally into long, thin strips.
- Peel garlic and crush into bowl. Stir in mustard, tomato paste, vinegar and stock or water.
- Rinse and dry scallions. Holding them together firmly, slice green parts finely and push to one side, then slice white parts finely and keep separate.
- Heat 1 1/2 tbsp (20 ml)

oil in frying pan over high heat. Stir-fry chicken 1–2 minutes, until white.
5. Stir garlic and vinegar mixture into pan and add white parts of scallions. Bring to boil, cover, and simmer gently 5 minutes.
6. Meanwhile, add vermicelli and some salt to boiling water. Return to boil and cook 3 minutes, then drain well and toss in remaining olive oil.
7. Blend cornstarch with a little cream and stir into chicken. Add green parts of scallions, reserving some for garnish, then add remaining cream and season to taste. Stir over moderate heat 2–3 minutes until sauce thickens.

8. Serve chicken and sauce over vermicelli and garnish with reserved slices of scallion.

SERVES 4



Horoscopes by Sally Brompton

sallybrompton.com

ARIES

MARCH 21-APRIL 20

If you say too much or go too far today you will leave others standing in amazement — which is precisely what you were hoping for!

LIBRA

SEPT 23-OCT 23

Have you considered the possibility that the universe is trying to tell you something? Maybe you should stay right where you are.

TAURUS

APRIL 21-MAY 21

Not everyone will agree with your verbal musings today but that won't stop you. It will only encourage you to double your efforts to persuade.

SCORPIO

OCT 24-NOV 22

It's good to be assertive but it's not so good if you try to coerce people into doing things that run counter to their interests.

GEMINI

MAY 22-JUNE 21

The Sun's alliance with your ruling planet Mercury today is generally a good thing but it also warns that you need to take care when it comes to deals.

SAGITTARIUS

NOV 23-DEC 21

A minor disagreement over a money-related matter could get blown out of all proportion, so watch what you say.

CANCER

JUNE 22-JULY 22

You might not want to make waves but if you don't say your piece now you may not get another chance until much later in the year.

CAPRICORN

DEC 22-JAN 20

It may look as if others are ganging up on you but are they really, or is it just that you are super sensitive at the moment?

LEO

JULY 23-AUG 23

You don't have to try to decipher every simple message that comes your way. Take what you are told at face value today.

AQUARIUS

JAN 21-FEB 18

You may want to help those in need but you have needs too and they will inevitably conflict with what other people expect of you.

VIRGO

AUG 24-SEPT 22

A friend will give you some extraordinarily good news today but for some reason you will be reluctant to accept it. Don't be so defeatist.

PISCES

FEB 19-MARCH 20

No way are you going to keep a low profile today. You have plenty to say and lots to prove and if others resent your me-first attitude, that's too bad.

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WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

- Craps cubes cost (1)
- Much smaller now striped stinker (1)
- Battle Eisenhower (1)
- NYC borough high-schoolers (1)
- Ventriloquist props' bellies (2)
- "Boston Legal" star James' brokers (2)
- Lessening of gymnastic scoring minus (3)

This day in history

- JULY 14, 1223: Louis VIII becomes King of France upon the death of his father, Philip II of France.
JULY 14, 1798: The Sedition Act becomes United States law making it a federal crime to write, publish, or utter false or malicious statements about the United States government.
JULY 14, 1881: Billy the Kid is shot and killed by Pat Garrett outside Fort Sumner.
JULY 14, 1933: Gleichschaltung: In Germany, all political parties are outlawed except the Nazi Party.
JULY 14, 2003: The United States Government admits to the existence of "Area 51."

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Breakfast

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of London by open top bus

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\$799

Taxes & fees: \$222

Departure tax: 25 CUC cash, paid locally.

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Gran Bahia Principe

Jamaica • 4 1/2 ★

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& exclusive features

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Amaryllis

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